



Eating to Correct Ill-Health

By
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(Editor of “Health and Life”).



1924

HEALTH AND LIFE PUBLICATIONS,
333 South Dearborn Street,
Chicago, Ill.

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PRINTED IN THE UNITED STATES OF AMERICA.



JUN 30 1924

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INTRODUCTION.

People are now convinced that ill health is caused by an impure blood stream: that disease is one of the efforts of Nature to rid the body of its poisons: and that the elimination of poisons and the supply of nutrition in such a way as to prevent auto-intoxication of the body is the way to cure ill health.

I am going to endeavor to explain in detail the methods which can be used to correct ill health by right eating. There are, of course, many cases of ill health that require very radical elimination in order that they may be eradicated. But most of the ordinary complaints to which flesh is heir are curable if only the eating habits are corrected.

In my recent book, "Correct and Corrective Eating", I outlined the principles of scientific food combination. The old calorie theory, although

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having a certain amount of value, is absolutely useless when it comes down to a determination of foods necessary to the body. It is all very well to say that the body requires so many heat units, but it also requires certain mineral elements which go to make up its constitution, and although a sufficiency of calories may be secured, unless these mineral elements are taken in with the food, ill health is sure to result.

Of course, it will be taken for granted that the maintenance of health absolutely demands fresh air and exercise. Before I begin, I want to make very clear that without fresh air and exercise a condition of real health is absolutely impossible. However, even in sedentary occupations, where there is very limited time for fresh air and exercise, correct eating habits will assure a maximum of vitality and health.

It seems an extraordinary thing that, for thousands of years, people have realized that the food they eat goes to make up the body, yet it was not until recently that people were convinced

that when they suffered some form of ill health it was possible that the food they eat and what became of it resulted in ill health.

Today it is different, and many students of the diet question are making clear to people that there is a right of way to eat for health; but we must remember that the science of eating is in its infancy. Every contribution to the subject of corrective eating should be greatly welcomed.

I believe that the scientific food combination principles I have outlined in "Correct and Corrective Eating" will form the basis of all future study of the food question. Not that it is essential for a healthy and strong man, actively engaged in heavy work or athletic exercise; but for those who are confined to a sedentary occupation, or those who suffer with ill health on account of prior wrong eating habits, that an adherence to the principles of food combination based on chemistry and outlined in "Correct and Corrective Eating", is absolutely necessary.

We have heard a great deal recently with regard to Insulin. A great deal has been claimed for it. However, the discoverers of Insulin do not claim anywhere near for it what the newspaper journalists and medical advertisers claim for it. Insulin is just used in the last stages of Diabetes at the Toronto General Hospital, but it is not put forward as a positive cure by its discoverers and users. It is administered only because it burns up the sugars, and keeps down the symptoms for the time being.

In conjunction with Insulin, and even without it, where cases of diabetes are being treated at the Toronto General Hospital, it is realized that diet is of supreme importance. However, the diet given to such diabetes patients is absolutely out of the question. There is no idea at all of any scientific combination. Starches and proteins are eaten together, and given in such quantities as to ensure the continuance of the complaint; not intentionally, of course, but really because

the subject of corrective eating has been so little studied from a scientific standpoint, that is, from the chemical standpoint. Every child in school learns that acids and alkalies are opposed. You cannot mix the two. If you do, one cancels the other out. Every school child taking elementary chemistry also knows that acids will dissolve away certain materials. Those same materials are not acted on by alkalies. On the other hand, the school child knows that certain materials are acted on by alkalies, and not touched by acids.

Digestion works by the action of ferments, acids and alkalies. Certain foods require acid ferments, other foods require alkaline ferments. Is it not then foolish to mix these two classes of foods together and expect the stomach to perform a miracle? The child in the elementary chemistry class, if given a piece of calcium carbonate to dissolve away with Sulphuric Acid would not think of mixing the Sulphuric Acid with Ammonia before he

started to dissolve away the calcium carbonate. Yet people are always eating foods together which require the opposed ferments and it is no wonder that there is so much ill health.

You can quite understand that, if foods requiring an acid ferment are mixed with those requiring an alkaline ferment, trouble is bound to be caused immediately. The least harm that can be done is for digestion to be retarded, but, even so, the food, if it remains in the body over a certain length of time, putrifies, and the putrid matter is absorbed into the blood stream, and the blood stream becomes saturated with these poisons.

Of course, the eliminating organs will get rid of a lot of poisons, especially if plenty of exercise and fresh air are secured, but with the person of sedentary habits this does not take place so radically, and ill health comes as a quicker result. Even in those who do exercise and have heavy outdoor work to do, the constant saturation of the

blood with putrefaction leaves the body in a condition ready to receive disease.

Whether disease is associated with germs or not, the body must have the foundation for that disease. A body that is absolutely free from poisons, with the eliminating organs in healthy activity, with the lymphatic system functioning at full efficiency, won't give germs a chance, because the body's whole defensive forces will be too strong for them. However, take a body that is saturated with the putrefaction of undigested food, and the conditions are favorable to the disease. In the case of germs, the germs will find a splendid feeding ground, and thrive and grow until the body erupts, and an illness of a severe nature is the result.

I want to make quite clear that the result of eating in accordance with the principles as outlined in this, and in my other book, are not speculative; they are positive. If you eat according to these principles, and you exercise and get fresh air, avoiding all forms direct infection, of course, you will not

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take disease. Again, if you are suffering from ill health, and you go through a course of elimination and careful dietetic building up, provided your "come-back" is sufficiently strong, you can then enjoy the health you have been so ardently desiring.

Nothing would please me better than to have the physicians take up the principles of corrective eating I have endeavored to expound. They would be surprised at the results. But of course they should be given a proper trial; that is, strictly according to the outline given in my books.

On the face of it, it seems a very tall order to say that Tuberculosis can be cured. It can. Every physician knows that Tuberculosis has very, very frequently been cured. Often he does not know why; he simply calls it a freak of Nature, some accidental stimulation of the body defensive forces which stamp out the disease. Then why not, instead of putting this down to chance, find out the laws of chance in this respect and discover what the chance

was which got rid of the complaint?

The physician who studies closely will find that the body defensive forces were stimulated sufficiently to overcome the disease. The patient, perhaps, made some alteration in diet, changed his habits of breathing, got out into the fresh air, or exercised in a way to stimulate healthier metabolism, and so on. If all these matters are studied scientifically, and classified so that they can be applied properly, then there is a definite treatment for Tuberculosis. Every doctor knows that no medicine or serum can possibly cure Tuberculosis, in spite of all the advertised medical "cures." Is it not then wise to give a little study to something which has been proven, to Nature, the healer of all diseases, so that we may have a humanity free from disease in the future, and so that those who do may know that they can go to a healer who can guide them to health once more.

At present, the public is not satisfied with the healing profession. In spite

of all the advertised "Cures" for Diabetes, Cancer, Asthma, and so on, people are dying under treatment long before they need. The public takes a lot from the newspapers when it reads of the cures, but when people find their friends dying from these same complaints, they begin to be dissatisfied with the methods now employed, and are ready to fly to any quack rather than an experienced practitioner.

The greatest field for research, the field that promises the most hope is the study of eating. I hope to contribute a sufficiency of information to enable people to study for themselves the art of getting well, and once they are well, to keep well.

When I was a boy, I was certified by my doctor as having heart disease. I suffered from piles, and it was generally considered that I was to be a life-long invalid. I was not satisfied with allowing myself to be limited to the skill of the doctors. Perhaps I was revolutionary, but anyhow, I thought that I could possibly work out my own

case better than anybody else could. I knew my own body. I had had it since the day I was born. I was familiar with every portion of it, in a superficial way. Well, then, I determined to make myself familiar with the inside of it, and its habits. I worked for years to find out the composition of my body, and I lived according to the ways I felt were improving me.

Three years after a medical examination refusing my admittance to an insurance Friendly Society, I was beginning to win Wrestling Championships, and finding in the reports of my wrestling contests the news that I was considered the strongest wrestler in the world at my particular weight.

I know that what I have done you can do, and every other mortal can do. I would like to see people in control of their own bodies, knowing the treatment that suits them best, caring for their bodies, as carefully—no, more carefully—as they do for their automobiles or their domestic pets.

When people begin to understand

their own bodies, we shall have much less disease in the world. Matters of sanitation are important to the community, and as such must be controlled by an executive council, but each person is responsible for his own body, and he should take an interest in it, and keep it the clean, healthy and beautiful thing it ought to be.

Talking of sanitation, if you were to read the history of infectious diseases, you would find that they have disappeared in direct ratio to the improvements in sanitation. Wherever the swamps have been cleaned up in tropical places, Malaria has been diminished in proportion. In the Middle Ages, when there was no good system of sanitation, plagues and epidemics were inevitable. We owe our freedom from plagues and epidemics directly to our improvements in sanitation. However, there is still a great deal of filth, and insanitary conditions generally are prevailing, and while we have these, we are bound to have disease. The poor and uneducated people are often com-

pelled to allow their homes to get into a filthy condition, thus breeding disease. The rich allow their own bodies to get into a filthy condition, making them insanitary by eating all sorts of foods which rot and putrefy in the alimentary canal, and become absorbed into the tissues.

The health of the community, for which community officials are responsible, rests in the sanitation of towns and cities. The health of the individual rests in his own internal sanitation. The alimentary canal may be likened unto a sewer. It should be kept clean throughout. If it becomes choked up, all the side channels leading to and from it become contaminated. The blood which is fed by it absorbs its filth. Is it, then, any wonder that the person suffers from disease? The remarkable thing is not that there is disease, but that there is so little of it. The human body is a wonderful thing, and Nature does all she can to keep it in a good and healthy condition. When

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we begin to assist Nature, we shall never more fear disease.

You can enjoy abundant health, supreme vitality, vigorous strength, if you live according to the laws of Nature. These include exercise, fresh air, hygiene, and correct eating; and possibly the most important of these is eating. Cut out bad habits of eating. Eat only wholesome foods which have not been robbed of their vital elements by commercial practices. Eat according to the principles of scientific food combination. Get plenty of fresh fruit and fresh vegetable foods at all times. Don't be a glutton, but learn to enjoy the fresh rich juices of fresh fruit, and to taste the rich sweetness of nuts and vegetables, and you will get more enjoyment out of your eating than ever you believed possible.

Right eating habits do not entail the doing without so much as you would imagine. You can eat as much as you like, so long as you eat properly, so long as you get the right kind of food. You can enjoy your meals; in fact, you

will enjoy them better, if you eat properly. Most of the gluttons never really taste their food. They have to saturate their dishes with condiments of all descriptions, in order to get any taste at all. They never appreciate the real taste of their food; they get only the flavor of sauces, of salt and pepper, mustard, and other junk. The person who eats properly, knows the lusciousness of fresh celery, parsnips, turnips, carrots; he knows the sweetness of the nut, because his taste is not contaminated, and because his body is clean and receptive of nutrition.

The object of this book, therefore, is not to tell people to go without food, or to stop enjoying their meals. It is going to do a great deal towards helping them to enjoy their meals more, for they will have a healthy appetite, and they will know how to have their foods served so as to get the maximum of taste and nourishment from them. Good digestion will "wait on appetite, and good health on both."

CHAPTER I.

THE CAUSE OF ALL DISEASES.

The fundamental cause of all disease is auto-intoxication. It has been proved that if the blood stream is kept absolutely in a good condition, the body is immune to disease. Allow that person's blood to become saturated with the poisons from the body's own manufacture, or from absorption of the alimentary contents in a state of putrefaction, and the same person becomes liable to disease. The form that the disease will take depends, to a great extent, on hereditary predisposition; it depends to a less extent, upon local irritation and exposure to infection.

Hereditary predisposition may be set down as diathesis. A person may have a catarrhal diathesis, and the result of his auto-intoxication will be asthma or catarrh, or one of the catarrhal complaints. Another person will suffer

from consumption; another from cancer.

In the past, pathologists, and members of the healing profession have given their attention almost entirely to the discussion of pathological conditions and symptoms of complaints, although maintaining the importance of attacking causes. The cancer is the symptom; tuberculosis is the symptom; catarrh is the symptom; but all have the fundamental cause of auto-intoxication.

It stands to reason, therefore, that the cause, eradication of auto-intoxication, ought to engage the attention and study of the healing profession, and of those who wish to make themselves well. If we can find out how it is possible to eradicate the poisons, and then prevent their manufacture and absorption by the blood, then we have mastered disease. It is obvious, then, that the subject which should practically monopolize our study is that of auto-intoxication, its eradication and prevention, and we shall see that the main cause of auto-intoxication lies in hap-

hazard eating coupled with lack of exercise and fresh air.

It has been demonstrated that food which remains in the body undigested after a certain time putrefies, and then, if it is not immediately evacuated, it finds its way into the blood stream. That is the most frequent way that auto-intoxication is set up. When the poison is in the blood, however, the body forces may yet strive hard to counteract this poison. In fact, they do this, as hard as they can. That is why people are not so frequently ill as they deserve to be. Much of it is burned up by the oxygen breathed in by the lungs, and it is possible to detect a difference in the strength of the complaint if fresh air is taken away from the patient, or administered.

Sometimes, lack of fresh air is the deciding factor in the cause of a disease. In the incipient stages of tuberculosis it is found that the administration of ozone sometimes has the effect of burning up the waste

matters, with the consequent disappearance of the tuberculosis.

R. B. Pearson, in his "Fasting, and Man's Correct Diet", explaining in detail the effects he felt when fasting and eating, describes how, when he denied himself fresh air, he could eat much less food than when he walked and took fresh air. This is, of course, what one would expect, for the fresh air can burn up poisons, and therefore allow the body to take more food. Besides, anybody knows that if he goes for a long hike in the country, he comes back with a good appetite, which is just an indication of the varying ratio of fresh air to appetite for foods able to be taken by the body.

However, R. B. Pearson also states that the condition of his catarrh was also affected by the fresh air taken. When he remained indoors all day, even while fasting, he made less progress, and his complaint was more pronounced than when he took a hike into the fresh air.

So fresh air is a very important food

anyway, and the more of it a person gets, the better it is for him. The best way to work up an appetite is to go out for a walk in the fresh air; to do a few deep breathing exercises, inhaling to the full extent of the lungs, then exhaling to the full extent of the lungs. A few long, deep breaths of that nature you will find a wonderful stimulant, and better than any sort of medical anti-toxin as a preventive of disease.

Proteins cause auto-intoxication very speedily if they are taken in too great abundance, especially if they are mixed with other kinds of foods. Meat especially is a dangerous protein to overindulge in. Good fresh meat from a healthy animal may be quite alright, provided it is eaten in scientific combination or alone, but there is of course an aesthetic reason from refraining from eating flesh food. Those who desire to do without meat may easily do so without handicapping themselves regarding the securing of nutrition. Nuts are just as nutritious a protein as meat. Cheese, eggs, and other dairy

foods provide just as much nutrition also in a much less harmful form.

However, meat is a food, and until we have become civilized enough to refrain from killing dumb animals and eating their dead carcasses, I suppose people will not make full use of these other foods. But if meat is eaten as today, and mixed with all sorts of starches, then it can only create havoc and disease.

Meat remains a long time in the body, much longer than vegetable food. It goes bad much more quickly than vegetable food. It is a better medium for the production and sustenance of germs than vegetable food. It sets up auto-intoxication much more quickly than can vegetable food.

Therefore, one of the first essentials in the eradication of auto-intoxication is the strict limitation of protein concoctions. In a case where there is actual ill health, it will be necessary to refrain from partaking of proteins for several weeks at a time, until the whole

of the poison attacking the body has been eliminated.

Good, healthy blood is alkaline, and antiseptic; that is, germs cannot live in healthy, alkaline blood. Nearly every disease is associated with an acid condition of the blood. We call it an acid condition although it may not always be actually acid. It may simply be that the normal alkalinity has lessened, and if you lessen this alkalinity, you lessen the vitality of the blood to resist disease. In some instances, you can actually have an acid irritating medium instead of a healthy alkaline medium. When such attacks the nerves, you feel plenty of jumps in your neuralgia or rheumatism.

The alkalinity of the blood is lessened by the over-indulgence in starchy foods, but especially in the over-indulgence in starchy foods which have been robbed of their vital elements. The commercial production of food necessitates producing it in such a way as to permit it to be stored for a considerable time without going bad. In other words, it

has to be preserved. The best way to preserve starchy food is to take all the life out of it. This is just what is done; and this is why we have the beautiful white flour, polished rice, pearl barley, and lots of other foods that will readily occur to you. They are simply in that beautiful condition because they have been robbed of their vital elements, because they have no life in them. If they contained the whole of the food, they would go bad on the shelf in the miller's storehouse, and would depreciate.

The consequence is that the ordinary housewife has a hard job of it running around trying to see if she can get fresh food. The food that is foisted on to her has been robbed of its vital elements, the most important part for health.

After all, if you think out the matter for yourself, you will quite see that if food is preserved so that it will not disintegrate while kept in a storehouse, it will also preserve in your body, and not disintegrate.

The point I want to drive home now is the way over-indulgence in starches assists in auto-intoxication.

Not only devitalized starches, but ordinary whole meal starches may cause a lessening of the normal alkalinity of the blood, and serve to set up auto-intoxication. This occurs when several of them are mixed at the same meal, and also if too many are taken in the diet generally. Once a day is enough to take starchy food; that is, bread, potatoes, and such like foods. If you have one meal at which you have a good feed of starchy food, that is sufficient for that day. You will be able to eat just as much as you like of the food, provided you do not mix it with other kinds of food.

However, the very worst thing a person can do, and it is what ninety-nine out of every hundred people actually do—is to take an acid fruit at the same meal that starch is taken. This immediately sets up a fermentation. You can test it for yourself in a test tube. Just take some grape fruit, or lemon

juice, and put a little piece of white bread in with it. You can almost see the fermentation taking place. If you want to make the experiment on yourself, take some bread and lemon juice, mix them, and try to eat them, and just notice how you feel. Well, if you mix up a few other foods, and you don't notice the inconvenience particularly, your stomach will, and later, you will suffer from catarrh, rheumatism, or some other complaint.

I was surprised the other day when I read of a specialist in catarrh who actually gave his patients acid fruits to eat at the same meal with starches. He thought that meat was the cause of all disease. It is no wonder that his patients lose faith in him, and in drugless healing, for the man calls himself a drugless healer. However, he is no different from thousands of other doctors who advise the same thing. Many take no trouble to advise any sort of diet, and think that it doesn't matter what goes into the body, and

simply tamper about with the symptoms, instead of attacking the cause.

The fermentation set up by the starches need not take place directly, as explained above. They may still ferment in the stomach on coming in contact with the acid ferments there which go to digest the protein foods. That is one reason why I insist that starches and proteins be eaten at different meals in the ideal diet.

One of the curious things about auto-intoxication set up through wrong methods of eating is that the patient feels abnormally hungry. It seems absolutely impossible for him to go without food for five or six hours at a stretch. Moreover, he feels that he has to fill his stomach right full, otherwise he is continuously hungry.

The mere fact that he wants to eat seems sufficient reason to some people to warrant extra eating. However, the only reason he wants to eat is that, as soon as the stomach contents become a little low, the putrid matter begins to make itself known, and he feels un-

comfortable. The irritating putrid mass demands dilution, and the only way to dilute it is to add more junk to it. Thus actual vomiting is kept at bay by overfeeding.

This is a very important point to remember, because most people will be against a fast because the moment they stop eating they feel nauseated, whereas, they lose their sickness while the stomach is full.

Most people will tell you, that if you have to cross the sea, and you are anxious not to be seasick, the best plan is not to eat anything, and then you won't feel sick. They are absolutely wrong. If you don't want to be violently sick, your best plan is to fill your stomach; but, of course, this won't do you any good. If you undertake a sea voyage, and you don't eat anything, and you become violently sick, provided there is not too much strain upon your constitution, the journey won't do you the least bit of harm. In fact, it will do quite a lot to get rid of poisons, and provided you keep the alimentary

canal clean; that is, keep yourself free from constipation, the cleaning up you get from the sea voyage will be most beneficial.

Immediately a person stops eating, the poisons make themselves violently and unmistakeably known. Nausea is one of the first symptoms. After a day or so, the tongue turns white or a dirty yellow, the breath becomes more putrid than ever, and the desire to eat disappears. At such a time, the alimentary canal must be cleaned through continuously. Draughts of water, orange juice and water, vegetable juice and water will serve best for this purpose, and enemas will help to clean out the large intestine and rectum.

This is interesting, because it demonstrates the body's natural function and method of throwing off poisons. Another thing is that if a fever is produced, the poisons are burnt up more rapidly, and if the eliminating organs are stimulated to their highest efficiency and capacity, the body will speedily clean up.

One of the methods of stimulating elimination is the hot bath. Recently, the Marathon Bath; that is, a continuous hot shower lasting several hours, has come to be popular. What happens in such a bath is that the body temperature is raised, perspiration made active. The increased temperature helps to burn up the poisons much more quickly than in the normal condition, and the hot bath as a factor in the elimination of ill health is one which should not be overlooked by those who are striving to rid their bodies of poisons which are causing their malady.

So then it is seen that auto-intoxication is the cause of all disease. Keep the blood stream pure and clean, and no disease can attack you. What we have to do is to maintain at as high a point of efficiency as possible a pure, clean, blood stream. This is the essence of preventive hygiene. If your body is clean inside and outside, if it is nourished by healthy alkaline blood, then you need fear no disease germ

carrier. Of course, it is taken for granted that no contact with the filth of disease should be made voluntarily. You can take a person with good, healthy, clean blood, and inject sufficient filth into him, and give him disease. But the thing to do is to refrain from making the poisons in one's own body, and then to refrain from being infected directly through the blood.

This point is very essential to remember because of what are called "Social" diseases. The reason these are spread is that the disease is directly transferred from the blood of one person to that of another. That is infection of a direct nature, and is not a fair test of the doctrine I am trying to expound. It is also a condemnation of what is known as preventive medicine, where the injection of filth is made so as to strengthen the body forces for further attacks upon them of infectious diseases. The best way to prevent disease is to keep the blood stream pure, and to keep free of infection.

However, the preventive means of injecting serum and so forth is not so preventive as the vendors of serums would have you believe. In fact, it is very likely that they lower the vitality to such a degree as to make a person more liable to the disease that they are supposed to prevent. At any rate, statistics compiled by unbiased observers seem to bear out that idea, as well as the commonsense reasoning of it. The man who is never ill because he keeps his body fit and strong is certainly in a better position to resist disease than the one who is continuously suffering from small complaints.

You will perhaps say:—"Well, I know of many men who have never suffered from anything in their lives, until they finally became very ill, and could not stand it, and died." Yes, that is all very well, but the point is somewhat different. Disease is, as I have stated, often the endeavor of the body to eradicate the poisons, and so people who are suffering continuously from petty complaints get rid of a lot

of poisons that way, and never allow their bodies to become very putrid; whereas the man who is strong enough to ward off these little complaints saves up these poisons until he has the whole dose in one shot, and then he succumbs to it.

The difference is, that the man who was never unwell hadn't a clean blood stream, but his body forces were able to resist the eruptions that occurred in the weaker man. But what I am trying to explain is that if the body is kept in a normal healthy condition, the blood stream kept pure and clean by right eating and healthy elimination, there is no reason why a person should not live all through life without any illness of any description, and live at least one hundred years.

The eradication of ill health means stopping first of all further auto-intoxication, and the elimination of the toxins existing in the body through faulty prior habits of eating, and wrong living generally. The mere correction of the diet is not sufficient where the dis-

ease is in a chronic form. Radical elimination is at first necessary, and what has to be done is to limit the foods which are responsible for the auto-intoxication, and to take only such foods as assist elimination and the building up of the elements of which the patient has been starved.

Most people are overfed, yet starved. This seems a paradox, but it is true. When a person overeats, the nourishment cannot go to build up healthy tissue. Moreover, the man who overeats very frequently refrains from taking the fresh fruit and fresh vegetable foods, rich in vitamins and mineral salts, so essential to the healthy body. The consequence is that he is over supplied with proteins and starches, and absolutely starving for the want of vital elements and mineral salts.

What he usually does is to go to the doctor to try to get his iron, or potassium, or some other element administered in a crude state. But it is a law of biology that elements in their

crude state cannot be assimilated by the body. If you want to get iron into your body, you have got to eat foods containing iron salts, and your body will take the iron from the foods as required. The administration of drugs and minerals is absolutely speculative, and faulty in the extreme. It is against all biological law, and all science. It is unscientific. One of the first principles of physiology is that the body can digest and assimilate only foods of living organisms. You can eat iron filings, and absorb no iron; that is, in a way that would do your body any good, but if you take spinach and lettuce, and celery, your body itself will take the iron contained in those foods. But here again, you have to take these foods properly. If you take them just as a little make-weight in a meal consisting of soup, fish, poultry, meat, potatoes, bread, and several other kinds of starches and proteins all mixed, the putrefaction set up will rob your body of any chances of ab-

sorbing the necessary mineral elements from the fresh food taken. That is a very important point to remember also.

CHAPTER II.

EATING TO ELIMINATE.

Elimination is the first step in the cure of ill health, and it is not so much what you eat that assists elimination, as what you do not eat. It is well to remember that the body cannot eliminate, and assimilate at the same time.

However, the average person suffering from ill health does so because he is poisoned by the superabundance of some kinds of food, and starvation of others. The absolute essential for elimination is to refrain from eating proteins and starches, that is, foods containing starch and proteins, or composed mainly of starches and proteins. The proteins, you will remember, are responsible for rapid putrefaction and auto-intoxication. The starches may have been responsible for lessening the alkalinity of the blood.

For very radical elimination, the stoppage of all foods should be made.

In other words, a fast should be undertaken. But there is a wrong way and a right way of taking a fast. A fast may do harm, if it is not undertaken scientifically, and there are many points concerning the fast which should be well understood before such radical elimination is sought as during a fast. Nevertheless, the fast is very satisfactory, and is sufficient proof that it is not so much what you eat as what you do not eat which causes the elimination of the condition of ill health.

People suffering from auto-intoxication are usually lacking in minerals essential to the body. To endeavor to administer these in their crude state is not satisfactory; in fact, it is useless. But they can be administered if taken in the composition of live foods, and we find them particularly plentiful and rich in such foods as onions, spinach, etc.

Moreover, such fresh vegetables as onions, spinach, celery, leeks, and so forth, are helpful in restoring the normal alkalinity of the blood, and in

setting into action the organs of elimination. That is why I talk about eating to eliminate, because on the face of it most students of eating will say that there is no such thing as eating to eliminate, that a fast is absolutely essential. A fast is exceedingly good, but some greater wonders have been performed by means of the eating of pure fresh vegetables alone than by the fast alone. The fast is exceedingly useful for setting into action the eliminating organs, and to prevent further auto-intoxication from the alimentary canal while it is being cleaned through. But when the body craves some minerals, then the only way to get them into the body is to eat the foods containing them.

Thus, by a considerable period when only such foods as orange juice, lemon juice, or grape fruit juice, onions, spinach, cabbage, lettuce and other fresh vegetable foods have been eaten sparingly, such serious complaints as tuberculosis, asthma, rheumatism, dia-

betes, and even epilepsy have been, to my knowledge, cured.

This is something not to be overlooked. If, after two thousand years of dabbling in the speculations of medicines and the artificial administration of crude minerals, crude elements, the leaders of such studies have admitted hopelessness and inability by such methods to cure definitely and positively, then the subject of eating for the cure of ill health is something which should engage the attention of all serious minded people, and especially physicians and those who have made healing their profession.

However, there is no reason why you should not be your own doctor. You ought to understand your own body better than any other person can possibly do. It is just a little common sense that is needed, and a little conscientious study of your body and its habits.

As editor of "Health and Life", I receive thousands of letters from delighted people who have followed the

principles we expound in that magazine. Those principles are adherence to the laws of Nature. Many are the stories which roll in of men and women who were invalids, suffering from terrible diseases, and all the complaints you can imagine. They testify to the truth of what I am writing in this book, and the gospel of the culture of the body I am endeavoring to expound in all my works. There is no doubt about it at all. Men given up by doctors because of tuberculosis become almost fanatical in their adherence to this cause because they have seen in their own bodies the results of what is, after all, just common sense.

Most of the commercialized food that is thrust on to the public has been robbed of its essential nutriment. White flour is a poison. There is not the slightest doubt about it. A dog dies more quickly when fed on white flour or white flour products alone than if he were given no food at all. You yourself could live longer eating nothing than you could if you ate white

bread alone. Yet you possibly feed your children this poison, and eat it yourself, and then wonder why you are unwell.

The human body is a wonderful thing, and Nature is indeed kind. That is why there is not more ill health than there is today. We often wonder why the health of the community does not improve as civilization progresses. It is indeed a ghastly enigma to many doctors, because, while they realize the improvements that have been made in sanitation, and in personal hygiene, they overlook the fact that never before have people lived on such bad food as they are doing today. In the olden days people had fresh foods. They ate their vegetables directly as they came out of the garden; their meat was always home killed. Today, most people have their meat canned, and their vegetables canned if they have any at all; they eat their potatoes peeled, robbing themselves of important mineral elements contained in the peel, and also of those lost in boiling, the water containing

these useful mineral salts being thrown down the sewer.

Rice is polished to make it look good, but the rice polishings contain essential nourishment which is thrown away instead of being eaten. The natives of the Philippine Islands were detected to suffer from beri beri only because they were fed on polished rice. Polished rice is no longer allowed in the Philippine Islands. Only the unpolished kind can be bought there, and beri beri is now unknown. The cause of beri beri was discovered to be that the Philipinos ate so much of the polished rice, and the disease disappeared when they were fed on the polishings of the rice instead of the rice.

On the German troopship "Kron Prinz" the crew were found to be suffering from an unknown disease. None of the physicians who had been making years of profound studies in the realms of medicine could make anything of this disease. They tried all the serums they knew of, and administered medicines. Still the patients died. It was

not until Alfred McCann went down and made enquiries into the diet of the crew that light was forthcoming. He discovered that the crew had been living chiefly on potatoes; that the potatoes had been peeled, the peels thrown away, and the insides only had been eaten, after they had been boiled, and the water thrown away as well. McCann set to, had the potatoes peeled, the insides thrown away, and the peelings boiled. The patients suffering from the disease were then fed on the boiled peelings and the water in which they had been cooked. Every patient dealt with in this way was restored to health. This clearly shows that people who peel potatoes and throw away the peels are robbing themselves of the essential elements, and are robbing themselves still more if they throw away the water in which the potatoes have been boiled.

In my book, "Healthier and Better Cookery", in which my wife has collaborated with me, we have endeavored to give some nourishing

dishes in which we show how potatoes should be eaten so as to be thoroughly enjoyed, and at the same time so as to secure the maximum of nourishment from them. At present, the way potatoes are eaten makes them almost purely a poison, and the cause of much of the catarrh which is so prevalent in this country today. Potatoes should be cooked in their jackets or should be baked, and the whole of the potato eaten.

Our milk is boiled before we get it, at least it is raised to such a temperature as to kill the live elements in the milk. This again appears to be necessary because of the conditions of civilization, where the bad feeding of cows puts the animals into an unhealthy condition frequently, and the handling of milk allows it to get contaminated. The best way to take milk is straight from the healthy cow without any boiling or anything else.

The great thing to remember is that if the alimentary canal is clean, and if the food is eaten in the right combi-

nation, then it can do no harm. As a matter of fact, even milk which contains bacilli cannot possibly injure a healthy person, provided his blood stream is pure and alimentary tract clean. The bacteria will be broken down by the digestive ferments, and by the other bacilli and juices along the alimentary tract. This has been proven ever so many times. Some years ago, when the germ theory began to indicate what havoc it intended to play with the health and the liberty of the individual, some biological professors made experiments to show that germs could not possibly do any harm if taken with food. To prove it, they had a culture of typhoid germs prepared, and without hesitation, they ate these germs. Another thing to bear in mind is, that they were not inoculated. At the same time, there was a typhoid epidemic supposed to be raging, and, while other people were being inoculated and scarifying themselves into typhoid fever, these professors were walking about having

eaten the germs, and not one of them suffered from typhoid fever.

It is when poisons get into the blood stream that havoc is caused. If you were to transfer any of the food you eat directly into the blood stream, it would poison you. If you were to get the blood of an ox, and inject a table-spoonful into your veins, it would kill you, but you can eat the blood of that ox, and your digestive and assimilative organs will build it up into the same blood which nourishes your own body.

This shows that the only way to get at the root of body nutrition is through the alimentary canal, and it is the only way to get at the cause of ill health and to eradicate that cause.

There may be quite a lot of truth in the fact that, if you suffer from a slight dose of a disease, your body forces, in the fighting of that disease, may be strengthened to the point where they can resist another attack by the same kind of germ. But, after all, what is the good of it? Is it not better to keep the blood stream pure, so that

there is no danger at all? Is it not better to keep the blood stream free from the toxins and serums which are only foreign bodies, and must have some biological detriment?

In the first stages of elimination then, it is necessary to refrain from eating all those foods which are known to be poison makers. They are chiefly:—white flour, polished rice, pearl barley, peeled potatoes, all canned foods and preserved foods, tapioca, sago, vermicelli, noodles, semolina, white sugar, and so on. It is also essential to refrain from taking starches and proteins. But, to make up, it is quite permissible to eat those foods which we know to be rich in vital salts, for lack of which the body is starving.

While it is a good plan to limit the quantities of even these fresh vegetables, there can be very little harm done by eating as much of them as the patient desires. This is a very consoling thing to know, because the average person who suffers from some chronic complaint is usually a heavy

eater, and when you tell him that he has to refrain from eating, he just wants to throw your prescription at you, and walk out, and find somebody who is going to give him a bottle of medicine containing some mysterious devil that will drive out the other devil of disease. If you tell him that he can eat just as much as he likes, as long as he eats only of the sort of food that is good for him, he may be willing to try and follow your rules.

Continuous feeding on these fresh vegetables cannot possibly do any harm. There is no need to take any notice of abnormal alkalinity, as indicated in the urine or in the perspiration. The body is saturated with acid products, and the extra alkalinity is necessary in order to establish the correction necessary. The main thing to see is that the alimentary canal is kept cleaned through. That is possibly the most important point of all, because as soon as the foodless foods and starches and proteins are cut down, the poisons begin to be thrown violently into the alimentary canal. If

then the alimentary canal is washed through with fresh vegetables and the bowels kept in action, as they will be in this way, without resort to any drug or opening medicine, perhaps the use of an enema being essential, then sooner or later, the body will clean up.

The time that it takes to eliminate a complaint depends upon the time it has taken to develop it. You can't attack something that has taken a whole life time to bring about, and expect to eliminate it in a couple of days, or even a week. It needs sometimes months in such a case. However, I have seen tuberculosis cleaned up in from six to eight weeks; goitres, gall stones, and adenoids in six weeks; eczema in four weeks; and asthma even in two weeks.

The main thing is to continue faithfully with the fresh vegetable diet. After a time, it may be varied with acid fruits, which, provided they are not canned, will only do good.

It is very important to remember that, as soon as the symptoms of the complaint disappear, is not the time to

give up the diet, and start eating any old junk again. It is essential to keep on considerably after the symptoms have disappeared, and the patient should never be allowed to fall back into the old ways of eating, because if he does he can be quite sure of developing his complaint again. Eternal vigilance is necessary to preserve health, but the right way to eat is quite simple and pleasurable. There is no reason why you should not have everything that you wish, that is of the wholesome foods, and eat just as much as you wish, provided the combinations are scientific, and in accordance with the principles given in my "Correct and Corrective Eating". If this is done, there need be no fear of a return of the complaint, always assuming, of course, that fresh air and exercise are indulged in, and that the body is not abused in any other way, or subject to further direct infection.

The difficulty of the fast is that it has to be so carefully undertaken. The fresh fruit and fresh vegetable diet I

am endeavoring to popularize is not at all difficult. It can go on indefinitely, or else it can be broken off so long as scientific dieting follows, at any time desired. It is different with the fast. If you begin a fast, to get the results you've got to go right the way through with it. If you don't, you can do yourself more injury than good. As soon as the fast is begun, the tongue goes yellow, the alimentary canal becomes putrid because of the poisons which are thrown into it from all the emunctories of the body.

A fast may last anything from twenty to sixty days, and there is very little danger of starvation up to the period of forty days. There is quite a distinct line of demarcation between fasting and starving. During a fast, the temperature is either normal or above normal. As soon as starvation sets in, the temperature becomes sub-normal, and it is essential then to stop the fast immediately.

However, many overfed persons are starved, and the symptoms of the

starvation are seen in the tuberculosis, the eczema, in the cancer even, or other complaints which are the results of the poisonous auto-intoxication due to over-indulgence in poisonous foods.

In a fast, it is also essential to keep the alimentary canal cleaned through all the time. This must be done with draughts of water and enemas, but in the case of a common complaint, the result is often far more satisfactory if the fresh fruit and fresh vegetable diet is taken instead of the fast. The fast is absolutely essential during fevers and eruptions, however.

The diagnosis of one's own condition is something which ought to engage the attention. There are certain well defined signs which show exactly the condition of the body, and it is necessary to know these, whether undergoing a fast, or, if taking the fruit and vegetable diet to eliminate ill health.

The state of the alimentary canal always denotes the condition of the body. People who are saturated with their own auto-intoxications usually

have vile smelling breath, indicating that, as high up as the stomach, everything is putrid. It is a valuable sign that something is wrong, and that the body wants cleaning up. Yet there are many people who disguise their breath, and take not the slightest trouble to eradicate the cause of this vile smelling exhalation.

The next valuable sign is perhaps the tongue, which may be coated with a film of white, or yellow, becoming even a dirty brown.

The third sign that the body is putrid is the odor of the faeces. Not only the storage of fecalities in the bowels, may cause the stench, but also the putrefaction going on higher in the alimentary canal.

Thus, in the eradication of ill health, we have three almost infallible signs as to the condition of the body. In undertaking the eating for health principles outlined, it is necessary to study each carefully.

Naturally, at the beginning, these signs will be exaggerated, or at any

rate more obvious. Immediately the body is given a chance to eliminate, it is only to be expected that the signs of the presence of the poisons will become more pronounced.

However, in due time, the tongue becomes clean, and red and healthy in appearance; the breath sweet and wholesome; the fecalities not objectionable in smell. The perspiration from the body is a valuable indication as to the physical condition. When the body is in a bad state, the perspiration has an objectionable odor, whereas when the body has cleaned up, and the blood stream is pure, the perspiration need not be at all objectionable in smell.

The main thing to observe is that when the process of eliminative eating is once undertaken, it should not be stopped until all signs of impurity in the body, as indicated by these signs, have been cleaned away.

The fast should not really be stopped until all these indications of impurity have disappeared.

Another matter of great importance

regarding the elimination of ill health is that the cleaning up is not usually a gradual process. A person may be getting along exceptionally well, and then have a relapse. The relapse is caused by what may be termed a pocket which harbors filth being broken away. For instance, in those suffering from ill health it is often found that fecal matter may adhere to the side of the intestines, and remain there, aye, even for years. It becomes simply a putrid, fermenting mass, perhaps, later, the center of an ulcer; it may even remain there until, late in life, it becomes the seat of a cancer or a tumor.

With continuous eliminative eating, this is bound to be broken away. When it first becomes broken away, it may cause a little absorption into the blood stream, and the patient suffers a relapse, until all the results have been cleared away again.

Then, we have to bear in mind, that in the lymphatic glands there are often pockets of poison which have been harbored for the protection of the in-

dividual. The protective forces of the body have fenced them round, so to speak, so as to prevent their entrance into the blood stream once more. The normal forces of the body being unable to dispose of them because of the rapid rate of production of toxins, they become stored in a part of the lymphatic tissue. When eliminative eating is resorted to, these begin to break loose, and it is in the setting free of these poisons into the system that a relapse is sometimes observed.

In various other ways, pockets may be exhibited, which, when broken up, cause a show of symptoms again. But finally they can all be cleaned up, and the body left in a fit, clean and wholesome condition, able to eliminate the products of metabolism as they occur and to keep the efficiency of the functions at their highest point.

In addition to the eliminative eating, hot baths may be resorted to with great advantage. A hot bath in the morning, if convenient, and another hot bath in the evening before retiring may be

taken. In this way, the skin is thrown into violent action, a fever is induced, the poisons burnt up more rapidly than usual, and so the process of elimination is speeded up.

Rest is an absolute essential for such elimination. There are three kinds of rest:—mental, physical, and physiological. It is well known that mental states affect the body very considerably. Worry manufactures toxins in the body. Only today I read in my paper that Jean Sothern, once movie actress, died yesterday, poisoned by the toxins set up by the constant fear of being arrested for former crimes. There are heaps of other proofs that worry and fear kill rapidly, because of the interference of functions and the manufacture of poisons which are set up.

The first essential in rest then is mental rest; freedom from worry and from any mental state that may produce poisons to be secreted.

The second form of rest necessary for successful elimination is physical rest. That means rest from arduous

labors, from straining exertions. Except when the body is in a state of fever, some general exercises which gently use the main muscles of the body are extremely useful. The physical culture course given in my book "Health and Fitness" has been found extremely useful for this purpose, and, without any harm, they can be done morning and evening. In fact, some exercise actually permits rest, for without exercise there is often a restlessness which worries the patient and does much harm. In addition to these exercises walking in the fresh air is good, but no violent physical exertion should be indulged in. After the exercises, the patient should recline, and give himself up to complete relaxation. Physical rest then is absolutely essential to successful elimination.

The third form of rest is physiological rest. This means rest for the digestive and assimilative organs, which is best secured by lightening the diet as much as possible, and by eating only those foods, such as fresh fruit and

fresh garden vegetables, which entail no heavy strain on the digestive and assimilative organs. These organs have usually been much overworked by over-eating, and by eating poisonous and the wrong kind of foods, by eating foods in wrong combination, and at any old time, and they need this rest. It is not always merely a matter of shifting round the combination of foods taken. That is not sufficient. These organs which have been overworked absolutely need a rest just as much as a strained heart needs a rest, and the only way to obtain a rest is to refrain from eating heavily, at any rate from eating heavy starches and proteins.

CHAPTER III.

EATING TO COMBAT CONSUMPTION.

Consumption or tuberculosis has been called "The Great White Scourge", because of the many victims it claims, and because it has been so deadly, strangling its victims to death gradually but surely.

When the germ theory was popularized, and the tubercle bacillus was discovered, tuberculosis began to be looked upon as a curable disease. It was thought that, once the bacillus was discovered, all that had to be done was to kill it, and the disease would disappear. Ever since those days they have been trying to make serums and virus, have administered medicines, but they cannot definitely say that they have discovered a medical or serum cure for tuberculosis. And they will not find one, because tuberculosis cannot be said to be caused by the tubercle bacillus. Green, the great medical professor, who

himself thought that the tubercle bacillus may not be present in the incipient or the first actual stages of tuberculosis. In fact, he says that sometimes it is never present at all in a case of tuberculosis. Well then, what is the good of being able to kill the germ if it is not always present in tuberculosis? However, it makes it clear that the tubercle bacillus is not the cause of tuberculosis, but is only associated with it, and may be found in the lungs of tuberculous people.

As a matter of fact, there is not the slightest doubt that the same bacillus mutates, that is, by a change of environment, it may be made to take on other forms. It is practically established that the tubercle bacillus can become another form of bacillus if transferred to the necessary environment. So much has been done recently in the biological laboratory regarding germ mutation that not only will common sense establish the fact that all disease is one, but it will be demonstrated that the germs which cause disease are universal

scavengers which take on different forms according to their habitat.

Well then, what is the cause of consumption? Consumption is not only a poison disease, it is also a deficiency disease, denoting deficiency in oxygen and in various mineral salts in the blood. To endeavor to administer these artificially or in their crude state is useless, and all endeavors have been without success. The way to make up the deficiencies, and to eliminate the poisons from past bad eating habits is to correct these eating habits, and to undergo a course of eating for elimination.

The sufferers from consumption will be relieved to know that, although there is no definite medical cure, many people can be traced to have suffered from consumption, and yet have no longer any sign of the existence of the disease. The proof that they suffered from consumption lies in the tubercles which still remain in the form of scar tissue in the lungs. The tubercles are formed in the first instance by the gathering

of poisons, and may even be likened unto ordinary ulcers. Just as an ulcer is an effort on the part of your body to get rid of the poisons in your blood, so is the tubercle, and also just as the ulcer will clear away, for some perhaps unknown reason to you, so may the tubercle clear away and leave behind only its scar tissue to tell its history.

However, consumption is a terrible scourge, and has baffled the physicians of our age, it needs careful and conscientious attention.

The first thing to do is to make sure of a radical course of elimination. All proteins and starches should be forbidden, and only those foods eaten which assist in establishing alkalinity of the blood, and in the provision of the valuable mineral elements which may not have been supplied by previous faulty eating. Here is a diet that can begin the treatment.

Breakfast:—One tumbler of orange juice; made 50% pure orange juice, and 50% pure water; no sugar or any

sweetening. This should be sipped slowly, and masticated well. It may be followed by a tumblerful of pure clear water.

Midday Meal:—Fresh garden vegetable stew. This should be made by putting such fresh vegetables as onions, spinach, fresh garden cabbage, celery and carrots into a pot, covering them well with water. Bring to a boil, and then allow to simmer only for about two hours. The tissue as well as the juice should be taken, and should be eaten slowly and carefully. No part of it should be thrown away. Again, no salt, pepper or any nonsense of that description should be added.

Evening Meal:—Fresh fruit, such as apples, pears, peaches, plums, cherries; the skin as well as the pulp should be eaten of all these fruits.

A hot bath, 110°, F., should be taken each morning and evening, for a length of from twenty to thirty minutes.

An enema should be taken before each hot bath, that is, each morning and evening.

The temperature of the enema water should be from 80° to 85° F. At first, about a pint should be injected, and immediately expelled. Two quarts should then be injected, and held for a period of five minutes before being expelled. This will obtain the best results.

Exercise should also be indulged in, but it must be of a very light variety. Hiking is the best of all, because it promotes healthy breathing. Great care must be taken in any breathing exercise. A strained inhalation may cause a tearing of the lung tissue where the disease is advanced, so breathing exercises should be refrained from till all the tubercles have healed. The breathing, however, which will be obtained by ordinary hiking will be quite sufficient for the time being, and the fresh air and oxygen obtained in its natural state in the fresh air will assist in burning up the poisons given off so rapidly by the lungs in tuberculosis.

When there is high temperature, the patient should be put to bed, and food

should be cut down to a minimum. In such a case, the diet should be as follows:

Breakfast:—Glass of orange juice, prepared as above.

Midday Meal:—Glass of vegetable juice, made from stewing vegetables as described above, the juice only being taken by the patient.

Evening Meal:—The vegetable tissues left over from the stew may be eaten by the patient if desired by him. If not, a little of the vegetable juice or even a glass of water will suffice.

It must be remembered that a high temperature is an assistance in the throwing off of the poisons. It is an eruption of Nature, and the products of auto-intoxication are speedily eliminated if the organs of elimination are kept up to their highest point of efficiency in functioning.

Two hot baths may be given each day, preceded by an enema.

Not until the temperature is right down to normal should any solid food be given at all, but even then, it must

be limited to fresh fruit or fresh vegetables.

It is impossible to give any definite length of time for the diets given above. It all depends on how speedily the disease is eliminated, and this depends on how long it took to develop the disease, or how long it took to store up the poisons until the eruption known as consumption was detected. Nevertheless, I have seen consumption eradicated from the system in eight weeks on the above first diet. It may even take longer, but success is certain if the rules are adhered to conscientiously and the patient really endeavors to get well.

After symptoms have disappeared, it is very essential to eat correctly in the future. The starches and proteins should never be eaten at the same meal; starches should never be combined with fresh acid fruit; and only one starch meal and one protein meal, each consisting of one form of protein and one form of starch, should be allowed each day.

Exercise may be increased as time goes on, light breathing exercises may be indulged in, and when all symptoms have entirely disappeared, deep inhalations will be found very useful, but before doing any really deep breathing exercises, a physician should be consulted, and a diagnosis made to make sure that all tubercles have healed entirely. It must be remembered that if the lungs are still affected, they may be torn by unscientific deep breathing, but when they are entirely healed nothing but good can come from deep breathing exercises, because the lungs need all the fresh air they can get, and the oxygen in the air is going to do more than anything else to rid the patient of consumption provided he does not pile up more poisons in his system by incorrect eating.

TUBERCULOSIS IN OTHER ORGANS.

When the tuberculosis attacks another part of the body, such as the bowels, the knee, the hip, or any other organ, the treatment is precisely the same as

the foregoing. The thing always to bear in mind is that the disease is simply an exhibition of Nature's effort to throw out poisons accumulated in the system by faulty eating. So sure as these are eliminated, and the eating habits corrected, provided the disease has not progressed too far, it can be eradicated. Of course, a lot also depends on whether the body has been mutilated by surgical operations; the chances of recovery are more if nothing has been done in this way.

The only local applications which need be made are hot water fomentations; but the limb, if the tuberculosis has attacked the knee, for instance, should be thoroughly rested, and no strain put on it till the symptoms have entirely disappeared.

CHAPTER IV.

GOITRE.

Goitre is a swelling of the neck, due to hypertrophy of the thyroid gland. The seeming obvious treatment to the orthodox mind is tampering with the gland, but that is by no means the case, nor is it satisfactory to administer thyroid extract. The thing to know is that the gland hypertrophies because of some abnormality of living. The human body will keep in good order if treated rightly, but if eating is incorrect, if no exercise is taken, if other laws of Nature are broken, then there must be some result, and the glands cannot be expected to function properly.

Mostly it is excess of proteins or starches which cause the goitre, the goitre being a demonstration in the break of body co-ordination. The immediate cause may be in the water, or even sanitary conditions, because it is well known that in Switzerland, where

goitre is very prevalent, it is more pronounced in the mountain regions where most of the people are notoriously lacking in sanitation.

The organs of elimination must be stimulated by eating, drinking, and enemas.

For the first week the following diet is good:

Breakfast:—Glass of orange juice, 50% water, 50% orange juice.

Midday:—Half a head of cabbage, or a head of lettuce, eaten raw. With it may be taken a few figs, or dates, or other sweet fruits to make it palatable.

Evening Meal:—A little starchy food may be taken; one or two whole wheat crackers with a little butter, or a slice or so of whole wheat bread and butter.

A tumbler of water may be drunk mornings on first arising, also prior to retiring. An enema should be taken morning and evening, and a hot bath every evening before retiring.

The food may be increased during the second week. The following is quite reliable:

Breakfast:—One or two slices of whole wheat bread and butter, or whole wheat crackers and butter, or rye crisps with butter.

Midday Meal:—May consist of all fresh fruit, as obtainable, apples, pears, oranges, gooseberries, strawberries, raspberries, currants, plums etc.

Evening Meal:—May consist of fresh vegetables, such as lettuce, spinach, onions, and celery. They should preferably be eaten raw, and with them may be taken some cheese, a good brand, of course, such as Kraft's or Maclaren's.

The diet may again be increased at the fourth week to the following:

Breakfast:—Grapefruit, lemon, or orange, followed by fresh vegetables and nuts. Peanut butter may be taken with the fresh vegetables, which may include onions, spinach, lettuce, celery, cauliflower, etc.

Midday Meal:—Starchy foods; rye crisps, whole wheat crackers, unpolished rice, or oatmeal, any one. Butter or sweet fruits may also be taken to render palatable.

Evening Meal:—May consist of fresh vegetable stew, made by putting fresh garden vegetables into a pot and stewing them, eating both tissue and liquid slowly and carefully.

Goitre is a not infrequent accompaniment of catarrh or other complaint. It is one of the symptoms that the body has been thrown out of order, out of co-ordination. Often a goitre will disappear when treatment is given for asthma or some other complaint, but when it occurs alone, the main thing to do is to limit strictly the proteins and starches taken, especially the proteins.

It takes sometimes several months for the goitre to disappear; especially is this the case if the goitre has been coming for a long time, and has become hard. In fact, scar tissue sometimes forms, and this is exceedingly difficult to get rid of, but if the goitre is still soft, it may be cleared away in from two to three months, or even less.

It may help a little to drink distilled water during the first weeks of treatment, although this is not absolutely

essential. It just helps matters a little. The main thing is to eliminate the poisons from the system which are causing the lack of body co-ordination, and so get the glands to function efficiently.

Great care must be taken at all times to keep the alimentary canal in good condition. As soon as the above system of eating is begun, the tongue will turn a dirty yellow possibly, and the breath will begin to smell. But as time goes on, these conditions will clean up; the tongue will become a healthy red, the breath will become sweeter, and the general health will much improve.

It is interesting to note that orthodox works on goitre always mention the fact that the patient is usually in a poor state of health. This is, of course, only to be expected, for the goitre is just a symptom of auto-intoxication, stimulated, it may be, by local conditions.

When all signs of the goitre have disappeared, it is very essential then not to go back to the old system of

eating which caused the goitre. One starch meal and one protein meal should be taken each day, and all the rules of correct eating and food combination outlined in "Correct and Corrective Eating" should be strictly adhered to. There is no good in eating to correct ill health if the body is abused as soon as the complaint disappears.

CHAPTER V.

CATARRH AND ASTHMA.

Catarrh is inflammation of the mucus membrane. Asthma is one of its phases.

It is caused chiefly by a lessening of the alkalinity of the blood through over indulgence in starches or through the fermentation of starches set up by faulty food combination and putrefaction.

Most sufferers from asthma will find that they have been over indulging in starches, or else have been eating the devitalized and demineralized starchy products foisted upon the public by commercialism.

The asthmatic notices his trouble chiefly when there is dust in the air to disturb his mucus membrane. In the summer, pollen floating in the air irritates it; but it is essential to remember that it is only an irritation, that the mucus membrane is out of condition to

begin with. Therefore, it is foolish to endeavor to prevent the patient from inhaling pollen grains or dust, and expect it to be an ultimate cure. The thing to do is to restore the normal condition of the mucus membrane. Even on the face of it, it is absurd to try to make asthmatic patients immune to certain types of pollen.

The recent talk about Allergens is interesting, but by no means assists in the understanding of catarrh or asthma. According to Professor Richet and others, the particular sort of pollen to which the asthmatic patient takes an objection is his Allergen, and should be avoided by him.

It is possible to eat in such a way as to do away with the sensitive mucus membrane, so that the patient is not bothered by pollen or any dust which previously set up his fits of asthma. There is no need for the asthmatic to go to any different climate from the one he is accustomed to, nor is it necessary to undergo serum inoculations or the expensive sinous operations.

When catarrh attacks the bronchial tubes, it is known as asthma, and the patient suffers choking and much heart and chest discomfort, due to the abnormal secretions of mucus. . Sometimes such patients may choke to death.

However, asthma is very dangerous, for even during sleep, sufficient mucus may be secreted to choke the patient to death. The mucus just runs out, and clogs up the bronchial tubes, preventing breathing.

But, before this stage is reached, the patient suffers such terrible fits of coughing that sometimes death is prayed for as a relief.

It is important to make every effort to restore the normal alkalinity of the blood by scientific eating. For a time, no starches whatever should be eaten, and the proteins should be cut down considerably. However, the patient need not have a bad time. He can eat all the fresh fruits and fresh vegetables he wants without any ill effect.

Frequently the asthmatic also suffers from obesity or abnormal fatness in all

the tissues. Eating correctly to eliminate the acid and toxic products will take away this fat, and the patient can still have a right good time, feeding to his heart's content, so long as he limits himself to fresh fruit and fresh vegetables.

During the first week, it is necessary to undergo a very radical course of elimination.

For breakfast, a draught of orange juice, 50% water, 50% orange juice.

Midday Meal:—Fresh vegetable soup, made from any fresh vegetables to hand.

Evening Meal:—Any fresh fruit, such as apples, pears, oranges, grapefruit, etc., that may be obtainable.

This should be taken for a whole week at least.

A hot bath, preceded by an enema, should be taken morning and evening. During the first two or three days, when the patient feels nauseated, a stomach pump will be very useful, because, as a rule, the stomach will be found to be in such a terrible condition,

that a desire to vomit will be prominent. As soon as the patient begins to eat, this nausea ceases. It is essential not to eat. It is extremely important to see that the alimentary canal is cleaned through continuously. That is why the enemas are so essential; the orange juice and the vegetable soup will assist here. If the stomach is cleaned out with a stomach pump, then the cleaning up is a more rapid process. However, the stomach pump is not absolutely essential, if nobody is at hand to perform for the patient.

During the second week, the eating may be stabilized into the system that ought to last until all symptoms have entirely disappeared, and, if the patient is fat, until all the fatness has gone also. It is as follows:

Breakfast:—Any fresh fruits obtainable, oranges, grapefruits, apples, pears, plums, peaches, etc.

Midday Meal:—Fresh garden vegetable stew. All fresh vegetables available should be stewed in a pot, and both the soup and the tissue eaten. The

fresh vegetables used should include onions, spinach, celery, carrots, etc.

Evening Meal:—A raw salad, lettuce, celery, cabbage, cauliflower, onions, tomatoes, etc., any garden vegetables available, but should be eaten raw. These may be made very palatable by mixing with some sweet fruit, such as dates, figs, prunes, raisins, etc.

So long as the above diet is adhered to absolutely, there is no need to restrict the quantities taken. The only thing this diet can do is to supply valuable mineral elements which the body needs, and which are especially required for restoring the normal alkalinity of the blood.

After two or three weeks, all symptoms of catarrh will disappear, but the diet should be continued for several weeks after this. Also, all the rules regarding elimination should be adhered to. A hot bath should be taken every evening, preceded by an enema.

After six weeks, the following diet may be taken, and provided all symptoms of the catarrh have disappeared,

no fear of a return of the complaint need arise.

Breakfast:—Fresh vegetable salad, composed of lettuce, cabbage, celery, cauliflower, etc., with cheese, a good brand, such as Kraft's or Maclaren's. As much may be eaten as will satisfy the appetite, but no other form of food should be taken at this meal.

Midday Meal:—Any fresh fruit obtainable; oranges, apples, pears, grapefruit, lemons, peaches, plums, etc.

Evening Meal:—A starchy food; one of the following: rye crisps and butter, whole wheat bread and butter, oatmeal, unpolished rice, barley (not pearl), whole wheat crackers and butter.

The main thing is to prevent a recurrence of the catarrhal condition. This is possible only by eating correctly. So sure as old methods of eating and living are resorted to, so sure will the catarrh return. There is no need at all for the sufferer from catarrh to limit his eating. It is only necessary for him to eat the right sort of foods, and

combine them correctly, being sure that he does not poison himself by eating demineralized, devitalized foods, keeping the starches and proteins separate so as to avoid retarding his digestion and setting up putrefaction. The diet given for the normal, healthy person, as outlined in "Correct and Corrective Eating", that is, composed of only one starchy meal, one protein meal, and one meal made up of fresh fruit and fresh vegetables only per day, must be followed. Maintain healthy elimination, get exercise and fresh air, and there will then be no need to be afraid of pollen grains or of your own home atmosphere.

With a blood stream in its normal alkaline condition, free from any toxic products, and with an alimentary canal as clean as right eating can make it, there is no fear of auto-intoxication through the absorption of any putrefaction, because the putrefaction will not exist.

Asthma is one of the easiest things in the world to cure; not of course by

medicines or serums, but simply through elimination and right eating.

CATARRH OF OTHER ORGANS.

The fact that catarrh may affect the bowels or any other mucus membrane in the body shows that it is not necessary to have pollen grains causing asthma. As soon as the normal alkalinity of the blood is lessened, and the blood is in a toxic condition, then any one of the mucus membranes may become affected, and start going wrong. It is a sign of bad body co-ordination, but this is merely due to the fact that the body has been ill treated.

For catarrh of the bowels, it is necessary to refrain from eating more than is necessary, but the diet taken should be strictly in accordance with the directions given for catarrh and asthma in the foregoing pages. Catarrh of the stomach and bowels often follows nasal catarrh. This is often due to swallowing the abnormal mucus which infects the lower mucous membrane.

Coughs and colds are mostly exhibitions of the disordered mucus of ca-

tarrh. It has frequently been said that you do not take cold from staying out in the fresh air. The cold is already in you, and it is irritation upon the mucus membrane which sets it into a state of hyper-activity. But so soon as the body is cleaned up, all the symptoms disappear. The mucus membrane functions efficiently and properly, and becomes resistant to irritation, which is the best condition of all. After all, it is not a very satisfactory thing to have to move from one end of the country to the other just because you imagine some particular thing in the air affects your mucus membrane. It is much better to get those mucus membranes into such a condition that no such irritation will worry them.

Wherever the mucus membrane is catarrhal, it can be brought back to its normal condition if the system of eating outlined in the foregoing pages on catarrh and asthma is conscientiously adhered to, care being taken to keep the organs of elimination at their high-

est point of activity throughout the cleaning up period, and then when the symptoms disappear to eat correctly so as to prevent a return of the catarrh.

CHAPTER VI.

RHEUMATISM.

Rheumatism is an inflammation of the muscle joints or nerves causing much pain, and sometimes mal-formation. According to the germ theory it is caused by bacteria, but they have never yet discovered the bacteria. Certain it is, however, that rheumatism is the result of acid poisons in the blood, setting the general body condition out of order, and attacking some part in particular.

Most people believe that rheumatism is caused by eating too much meat. It is nothing of the kind, that is, not entirely. If you eat a lot of meat together with starchy food, then it may be an auxiliary cause, but it is frequently the excess of starches which causes rheumatism, for the starches ferment, and lessen the normal alkalinity of the blood.

In fact, rheumatism is a splendid illus-

tration of what an acid irritating blood stream can mean to the possessor. Instead of having the normal, alkaline soothing medium to carry nourishment to the various organs of the body so that they can act efficiently, auto-intoxication renders the blood acid, and the nerves and organs are bathed in this acid medium which so irritates them as to make the poor victim almost crumple to pieces with pain.

In the early stages rheumatism is very easy to keep at bay, but if it is allowed to progress, and its symptoms merely tampered with instead of efforts being made to establish a healthy blood stream, then it can do serious damage. You can easily understand that the pain must be excruciating, if you just consider what it means to have an acid, irritating medium attacking important nerves, or at least, the nerve end organs. What else but pain and malformation can be expected? If you take sulphuric acid, and drop a little on a hard stone marble, it will begin to attack the marble, and disfigure it, and

eat it away. Consider, then, the acids as they get to the delicate nerve end organs, and nerve tissues. Is it to be wondered at, that they cause such excruciating pain?

If rheumatism is not attacked at its cause, that is, at the eating habits, it may even lead to heart disease, or arthritis deformans. In heart disease, there is danger at any moment of the victim dropping down dead. In arthritis deformans, all the joints and the bones swell up terribly, and the patient is a dreadful sight to behold.

During the recent war, the soldiers suffered terribly with rheumatism. If you will read the medical reports, you will be led to understand that not one soldier suffered, but if you were in the ranks, as I was, and spent any time at convalescent camps and hospitals, as well as among the men in the field, you will have seen thousands and thousands of fellows almost crippled and crumpled up with the terrible pains of rheumatism. The doctors relying for their diagnosis upon the clinical ther-

momenter, refused to have these cases certified as rheumatism, with the result that all medical reports on the armies in the field contain the information that there were no real cases of rheumatism. Thus record the statistics. You know there are three kinds of lies: ordinary lies, darned lies, and statistics.

Often, for a time at a stretch, men were forced to eat canned beef and biscuits. The two mixed together were admirable for the development of rheumatism, especially when it is remembered that the men were exposed to the damp and cold so considerably. But when food was obtainable, all kinds of mixtures were forced upon the men.

While pain is present, it is important to see that all clothing worn is thoroughly dry and well aired; that is to say, that it has been well exposed to the fresh air, and become thoroughly ventilated. The bed clothes especially must be thoroughly dry before those with a tendency to rheumatism are allowed to use them.

To relieve the exceeding pain, it is

a good plan to take a hot bath, and to lie in it for thirty minutes at a time, until a healthy perspiration takes place, and the blood drawn away from the parts which are irritated to the superficial blood vessels.

An enema should be taken morning and evening.

For the first week, all starches and proteins should be absent from the diet, and while there is any pain at all, no starchy foods should be taken.

For the interest of those who have hitherto believed that rheumatism is caused by over indulgence in meat, and have consequently refrained from eating eggs or meat, I would like to note that the following experiment was once made by a patient suffering for years from chronic rheumatism who became interested in his diet. He refrained from eating meat, and lived as a vegetarian. In spite of this, his rheumatism was as bad as ever. He then stopped eating every food except meat. He took rare steaks, and beef in plenty, but no bread or potatoes, or even fresh

vegetables, just the meat alone. Within a few months his rheumatism had disappeared.

This may seem a little strange, but it is well to know that meat by itself is more easily digested and assimilated than if starchy food is mixed with it. In fact, the ideal menu is one composed of one kind of food only; in other words, the mono diet. There are people who think they will get indigestion from eating meat alone. They have never tried it; at least, they have never tried it with good organs to begin with. If they have tried eating meat alone, it has been with their stomachs full of the poisonous remains of previous meals. Get the stomach into good order, and then eat meat by itself, with nothing at all to go with it, and you will not suffer from indigestion, constipation or any other inconvenience. It is the mixing of meat with starchy foods that is so detrimental to health.

Of course, I am not suggesting meat eating as against vegetarianism. This is an aesthetic matter. I personally

prefer to live mainly on vegetarian food, believing that it is barbaric to kill animals, and eat their dead carcasses. Nevertheless, it is valuable to know what the human body can do, and not to be led astray by any desires or views one may wish to bring about.

In spite of this, the rheumatic patient would do well to refrain from eating meat and starches for a considerable time, even after the cessation of pain. The following is an outline of what the diet should be for the first week:

Breakfast:—Draught of lemon water, 20% pure lemon juice, 80% pure water. No sweetening, such as sugar or honey, should be added.

Midday Meal:—A head of lettuce or raw cabbage, followed, perhaps, by a little fresh fruit.

Evening Meal:—Fresh vegetable stew, made of any fresh vegetables, such as onions, spinach, celery, fresh garden cabbage, etc., to hand.

Plenty of deep breathing should be indulged in, so as to give the lungs a chance to burn up the poisons, by in-

haling the maximum amount of fresh air and oxygen; especially is this necessary to flat chested people who have been in the habit of using the top of their lungs only. It is also very important to remember to exhale, to breathe out as far as possible before inhaling again in these breathing exercises. To get a good idea of breathing exercises, the reader should get a copy of "Health and Fitness".

During the second week, the hot baths and enemas should continue, and the diet should be as follows:

Breakfast: Glass of orange juice, 50% orange juice, 25% water, and the yolks of two eggs beaten up.

Midday Meal:—Vegetable salad. This salad is made by getting any raw, fresh garden vegetables, and chopping them up, adding only a few pieces of dates, figs, or other sweet fruit to make palatable. No condiments of any description may be added.

Evening Meal:—Vegetable soup, made by boiling fresh garden vegetables, followed by any fresh fruit in season.

This diet should be continued until all pain and swelling have disappeared, and show no tendency to return. It must be carefully noted that the alimentary canal must be kept cleaned through. That is the object of taking so much vegetable food, because it stimulates to activity alimentary peristalsis, and serves only to help restore the normal alkalinity of the blood stream.

After from six to eight weeks, still great care must be taken to live according to scientific principles, and a perusal of "Correct and Corrective Eating" is essential. The starches and proteins must not be mixed at the same meals under any circumstances, or trouble may be expected. Above all, no acid food of any description must be taken at the same meal as any starchy food. If this rule is disregarded, trouble can be guaranteed.

A good diet is as follows:

Breakfast:—One form of starchy food; porridge, rice (unpolished), oatmeal, whole wheat bread, rye crackers,

or rye crisps with butter, and sweet fruits, such as dates, figs, prunes, etc., which will help make the meal palatable.

Midday Meal:—This may consist of meat, eggs, fish, lamb chops, nuts, cheese, or any other nutritious protein, eaten together with only fresh vegetables, such as onions, spinach, lettuce, string beans, cauliflower, Brussels sprouts, etc.

Evening Meal:—Any fresh fruits, and vegetable stew.

Provided the earlier diet has been followed out until all symptoms have disappeared, the above diet will ensure against a recurrence of the attack. Of course, it is taken for granted that the rules of exercise, fresh air, and general hygiene are also followed.

CHAPTER VII.

INDIGESTION.

Indigestion is so obviously the result of faulty eating that it is extraordinary that the universal treatment for indigestion in the past has not been the correction of eating habits which are responsible for the indigestion. However, the trouble is that most people want to go on eating the food that makes them ill, and then request the medicine man to give them some drug which will drive out the illness which attacks them because of their own indulgences.

After all, indigestion is a result of indulgence. When chronic, this may not seem to apply, because, in spite of all the care taken, in restriction of the quantity of food taken, the patient suffers violent pains and discomfort. However, one must always remember that it does not take five minutes to develop

chronic indigestion; it is a matter of years, years of wrong eating.

But careful eating, and what has hitherto been thought of as scientific eating, may end in indigestion, because of the faulty combination of foods. If the combination is based on the simple facts of chemistry, then indigestion may be kept at bay, no matter how advanced the condition has become; that is, of course, provided the cleaning up process is gone through first of all.

In the past, the matter of food combination has not received the attention it ought to have received. Students of diet have been so busy working out the number of calories required that they have forgotten entirely that the body is composed of a certain number of elements, bound together in a certain way, and acquired by the body only in vital live foods. They have also forgotten that in the stomach the digestive ferments work by acids and alkalies. They mixed their food without regard to the ferments required to digest

them, and it is no wonder that digestion is so prevalent amongst us, and the serious ills resulting from it.

After all, indigestion is really the mother of diseases. Constipation is responsible for bowel intoxication, but if there is perfect digestion, there will be no constipation, and so we can look to indigestion as the chief cause of constipation, which is the forerunner of most diseases, because it sets up auto-intoxication so obviously.

There are cases where it is impossible for the person to eat the slightest amount of food, so he thinks, without getting violent stomach pains. Sometimes the condition of indigestion has advanced so far that the nerves are affected, and the moment that food is even smelt, the stomach rebels, and violent pains of indigestion are set up. I have heard of people rolling on the floor in agony, merely at the thought of a coming meal.

Before everything, a general clean up is necessary. No food should be taken for two or three days at least. Only

draughts of water at body temperature may be sipped slowly.

A hot bath should be taken morning and evening, and should be preceded by an enema, taken very thoroughly and carefully.

Usually the indigestion is accompanied by much acidity. Whatever enters the stomach seems to manufacture acid gas. This is merely an indication of the putrid condition of the stomach. It would be a good thing for the sufferer from indigestion to endeavor to get a physician to administer a stomach pump so as to clean out the stomach contents.

There is no need to take bi-carbonate of soda, or any other alkaline chemical. What we want to do is to establish a healthy condition of the alimentary canal, not to get it manufacturing all the acid gas, and then to counteract this.

It must be remembered that whatever food is eaten it must be eaten very slowly and carefully. Mastication must be very thorough. Each portion,

whether it be solid or liquid must be chewed to the fullest extent before swallowing. In fact, swallowing must be automatic. Food should be kept in the mouth just as long as possible until swallowing is automatic. For the sufferer from indigestion to bolt food without its being mixed with the saliva is to invite trouble. It must be remembered that the first process of digestion takes place in the mouth. Without this first process, you cannot expect the successive ones to be efficient.

This is especially the case with regard to starchy food. The ptyalin in the saliva is essential for the breaking down of the starches, preparatory to turning them into sugar. If the starches are bolted, then the stomach cannot deal with them as it should do. However, this is for when the sufferer from indigestion has recuperated, and is able to begin eating starches again. He should refrain from them for quite a time. But, whether it be water or milk or orange juice or vegetable soup, the

mastication should be just as thorough in each case.

The following is the diet that should be taken for the first week:

Breakfast:—Tumblerful of fresh vegetable soup, made from fresh onions, spinach, and carrots, etc.

Midday Meal:—Glass of orange juice, 50% orange juice and 50% water, may be taken at about blood heat, 98.4° F.

Evening Meal:—Tumblerful of vegetable soup, made as for breakfast.

After the first week, the diet may be increased a little, and some solid food may be taken. For the next week, the diet may be as follows:

Breakfast:—Fresh vegetable stew, made from onions, spinach, fresh garden cabbage, carrots, etc.

Midday Meal:—Any fresh fruit in season, such as pears, peaches, plums, etc. These may be eaten slowly and carefully in a raw condition.

Evening Meal:—Fresh vegetable stew, as for breakfast.

This diet should suffice for the second and third weeks. The fourth week it

may be increased a little more, and made more substantial, but it is imperative that the cleaning up process be continued until all the old poisons from the alimentary canal have been cleaned through, and the normal alkalinity established, and also the normal digestive functions brought back to power.

For the fourth and fifth week, the diet may be as follows:

Breakfast:—A vegetable salad, made from lettuce, celery, cauliflower, and other fresh vegetables, and made palatable with figs, prunes, or dates, chopped up. (In order to see the palatable preparation of dishes, you are heartily recommended to get “Healthier and Better Cookery”).

Midday Meal:—One form of starchy food; may be whole wheat bread and butter, rye crisps, buckwheat cakes, made palatable with sweet fruits such as figs, dates, prunes, only.

Evening Meal:—Fresh vegetable stew, made from any fresh garden vegetables as described above. Both tissue and

soup to be eaten slowly and carefully, of course. Followed by fresh fruit in season, such as apples, pears, plums, peaches, etc.

Occasionally, these meals may be switched around, say, every alternate day; take the evening meal for breakfast, and breakfast meal in the evening. In that case, include with the salad a little of a good brand of cheese, such as Kraft's or Maclaren's. Cream cheese would be very nourishing and palatable together with the salad.

The above diet should be adhered to until all traces of inconvenience have disappeared, and the return of an appetite shows that there is a natural craving for the heavier foods, such as proteins and starches. In the meantime, the bowels should move twice a day, and if a natural action is not forthcoming, an enema should be resorted to. However, the above diet should stimulate this bowel action without resort to the enema.

Many people refrain from defecation as a habit, so it is well to establish a

habit of morning and evening defecation, although there ought to be no difficulty in evacuating after each meal, and as I have allowed for three meals, there should be three sessions. The main thing is to remember that the alimentary canal should be kept cleaned through. It is the main sewer of the body, and, just as it is important to keep the main sewer of a town in a constant state of irrigation, so it is necessary to keep the alimentary canal in action, and not allow the contents to be retarded in any part of it.

At from six to eight weeks, the normal diet may be resumed, but it must be remembered that the normal diet is the scientific one outlined in "Correct and Corrective Eating". It is essential never to mix the starches and proteins. It is also essential not to eat such foods as bananas and peas, which contain starches and proteins mixed in such proportions as to cause discomfort in those whose digestive organs are a little weak.

The breakfast meal may consist of

a starchy food, made palatable with sweet fruit. Any form of starchy food available, provided it is whole meal, is all right; also any kind of sweet fruits available will do. By sweet fruit is meant figs, dates, prunes, etc.

Under no circumstances should any form of protein food be eaten at this starchy meal. If it is, then trouble is almost certain.

Midday Meal:—Any fresh fruits available: apples, pears, plums, etc. During this meal, a tumblerful of milk may be sipped slowly, and each portion thoroughly masticated.

Evening meal:—May consist of any one form of protein food, eggs, fish, meat, nuts, cheese, and any fresh vegetables in season, such as string beans, cauliflower, Brussels sprouts, etc., but not potatoes.

There is no need why the quantity of food taken should be limited in any way, provided there is thorough mastication of each portion. However, don't expect to eat as much as the average person who overeats does, for your

appetite will be the natural one, and not stimulated artificially by condiments, or the mixing of foods.

Again, it is important to remember that exercise and fresh air are absolutely essential. You cannot develop healthy organs without exercise, and you cannot burn up the poisons efficiently without fresh air. The oxygen in the air is used for the sole purpose of burning up the products of metabolism, and if you do not get this fresh air, the poisons remain, and so set out of gear the vital organs of the body.

Exercise is of extraordinary importance to those with a tendency to indigestion. Those exercises involving the use of the vital muscles, those of the trunk and abdomen especially, will tone up the muscular tissue, will give an auto-massage of the viscera, and so keep away fatty tissue and also assure peristalsis in the intestines.

If you are not in the habit of performing a regular set of exercises, then your best plan is to get a copy of "Health and Fitness". There you will

find a series of exercises mapped out into a physical culture course, and they are the ones I used in battling against my ills; I have since performed them regularly, and they have kept me fit for arduous duties, and even ready for athletic work. They are especially valuable for women, because of their stimulating effect upon the vital muscles. It was with a view to stimulating the vital organs and muscles that the exercises were evolved.

CHAPTER VIII.

CONSTIPATION.

There is nothing like constipation to set up auto-intoxication and the saturation of the body with impurities. It seems extraordinary that people will harbor in their bodies such filth. If they came in contact with it on their clothing, they would be absolutely disgusted; yet it is safe to say that ninety per cent of people suffer with constipation. Most people think that if they have an action once a day, that is sufficient. I have even heard people remark that it is a good thing to miss a day or two occasionally. It is possible to go every day, and still be constipated. There should be a motion following each meal, so that if you have two meals a day you should have two motions and if you have three meals a day, then three motions. Unless the feces are odorless, at least not objectionable in their odor, putrefaction is

evidently going on, and auto-intoxication and ill health will result.

The way people eat mostly causes the constipation, because the mixing of proteins and starches together at the same meal retards digestion, and as explained in the chapter concerning indigestion, constipation must result if indigestion is set up. Again, constipation may cause indigestion, for if the lower bowel contents are allowed to remain long after they ought to have been expelled, they contaminate the alimentary canal, and this contamination spreads upwards until it affects the digestive organs. In this way, many chronic cases of indigestion are set up.

It is not so much vegetarian food that will relieve constipation, as in making the meals consist of only one or two kinds of food. If you have a meal of meat only, provided of course, that your organs are in good condition, the meat will not cause constipation. If, however, you take meat and mix it with bread in the form of a sandwich,

it will be almost sure to cause constipation, and you will have to take some sort of gunpowder to shift it.

The taking of drugs to stimulate alimentary action is something which should be avoided. The constant taking of something to compel bowel action in that way ruins the tone of the muscular tissue, and the function becomes weaker and weaker, until the organs are absolutely dependent upon the drug stimulation.

The same of course applies to the enema. The mucus membrane may be injured by taking too many enemas. However, the object of right eating is to eat in such a way as to keep the alimentary canal in good working order, so that constipation never results, an action being forthcoming without difficulty. Of course, in addition to the eating, it is very necessary to exercise, especially doing those exercises which involve the trunk and vital muscles.

There are some people who try merely a reform of the diet to counteract constipation. That is not sufficient.

When constipation has become established, that means to say that the whole system has been poisoned, and that the functions of the organs of elimination have been thrown out of co-ordination and order. It is necessary, in order to get the best results, first of all to clean up thoroughly. A radical process of elimination is absolutely essential until the health of the organs has been restored.

A very important point with regard to constipation is its inducement by habit, and also psychologically. Sanitary appliances are not always convenient. Most of our large cities are without the proper equipment for the convenience of the people; it is not always possible to evacuate just when the right moment occurs. The result is that the act is inhibited voluntarily by the person. Well, that is constipation immediately.

The best thing to do is to form a regular habit of evacuation, say morning and evening, and after the midday meal. This is the method I have found

most satisfactory. It is just as easy to form good habits as bad ones. However, most people find that they are fond of lying in bed in the morning; they leave matters till the last moment, and consequently have no time for anything but just to throw their food down their throats and hasten to the depot for their day's slavery. It would be much better to get up a few moments earlier, and take time to give the body a good cleaning both inside and outside. There is nothing more stimulating to a clear brain than the early morning evacuation, followed by a complete bath and sponge down.

I believe that most of the mental inefficiency and dull heaviness comes from constipation. The poisons in the lower intestine are very rapidly let into the blood, travel around to the heart, and are then pumped up to the brain. Is it any wonder that there is so much dulness, that the brain is not alert and efficient as it should be?

I have had my share of constipation, so I know its evil effects. I was told

by my doctors when I was a boy that I was one of those unlucky people who cannot get rid of constipation. Constipation, they told me, is something which attacks certain people, and it remains with them through life. There is only one thing to shift it, and that is to take gunpowder. I took their gunpowder for a week or so, then I determined to let Nature play her part, and I have never taken any gunpowder since, and can induce an action, as a matter of fact, within ten minutes of any given time, because I have my functions well under control. This is an interesting matter, and it is explained in my little book, procurable for 50 cents:—"The True Art and Practice of Auto-Suggestion". Just as it is possible to induce an inhibition as a habit, so it is impossible to develop the control of the functions, and procure an evacuation almost whenever desired.

In order to get rid of chronic constipation which has resisted every effort to relieve it, the body should be

first of all cleaned up thoroughly; that is, all the eliminating organs should be put into radical action. A hot bath should be taken morning and evening, preceded by enemas. The diet for the first week should consist of the following:

Breakfast: Orange juice, 50 per cent water, 5 per cent juice.

Midday meal: Vegetable stew, made from all fresh garden vegetables to hand, including onions, spinach, carrots, turnips, etc.

Evening meal: Should consist of only fresh fruits, apples, pears, plums, grapes, raspberries, strawberries, etc.

This diet should be followed for two weeks, and the hot baths and enemas should be kept up all the time. The third week the diet should be as follows:

A starchy food, such as rye crisps, wholewheat bread, buckwheat cakes, porridge, unpolished rice, or some such food, made palatable with sweet fruits, figs, dates, and raisins, etc.

Midday meal: Fresh vegetable salad,

made of fresh garden vegetables such as lettuce, celery, spring onions, and any other available. This may be eaten together with some good brand of cream cheese, Kraft's or Maclaren's. The quantity of cheese need not be limited. Cheese will constipate only when eaten with bread or other starchy food. If taken with a fresh salad, as here suggested, it cannot cause constipation. It may be followed with fresh fruits in season.

Evening meal: May be fresh vegetable stew, made from onions, spinach, carrots, etc., made in accordance with the directions given in "Healthier and Better Cookery", that is, containing no condiments, but all the natural juices and salts of the vegetables in the water in which they have been boiled.

This diet should be continued for the third and fourth weeks, then the enemas and hot baths should be discontinued, a tepid bath being taken of course in the usual way, as explained in my book "Health and Fitness", every morning.

Of course, if there is no action of the bowels forthcoming, there must be an enema taken, but it must, in that case, be realized that the body has not yet cleaned up, and the diet must be continued as above until the habit is established. But everything must be done on the part of the patient himself to establish this habit. He must go first thing in the morning with the intention of evacuating, and stay at stool until the expected action is forthcoming, that is, of course within reasonable limits. The object of this dieting is to establish habitual action, and to stimulate it. There is no doubt that it will eventually be established if the instructions given here are carried out correctly, and the exercises in addition are performed.

After six to eight weeks, there is no reason why the diet given for a normal healthy person in "Correct and Corrective Eating" should not be adopted.

There is nothing in it that can lead to constipation when once the functions are in good order. It involves one

starchy meal, and one protein meal per day, with only one form of starch and one form of protein at those meals. There should always be a sufficiency of fresh vegetable food in the diet.

CHAPTER IX.

FATNESS AND HOW TO REDUCE IT.

Fatness is not only an exhibition of an auto-intoxicated body, but also a huge strain on the vital organs. If your normal weight is 125 pounds, and your actual weight is 200 pounds, that means to say that your heart has to pump the blood through 80 pounds of extra pressure, and this is going to wear out the strongest organ. Also, it means that each organ if your body is surrounded by a layer of fat, which is handicapping it, and preventing it from functioning efficiently. The fatty tissue may get around the heart, and interfere with its action, until the heart degenerates, and you get the complaint known as fatty degeneration of the heart.

There is a certain hereditary predisposition to fatness, it running in certain families. There is no medical cure for fatness. You absolutely have to

eradicate its causes in the individual conditions which set up the fatness. Many people think that fatness is incurable and inevitable, because their parents and fore parents suffered from it.

There is nothing which kills more quickly than fat, and it should be dispersed as rapidly as possible. Fat is induced by wrong eating, and abnormal appetite. The abnormal appetite is stimulated by the unscientific mixing of the various foods. If a person eats according to the scientific principles of food combination expounded in "Correct and Corrective Eating", it is impossible to overeat, and the fat, with the reasonable precaution of doing a little exercise of course, will not accumulate.

The best course to pursue is to undergo a radical course of elimination as a preparatory to the right eating necessary to establish a balanced metabolism. It must be remembered that those with a tendency to exceeding fatness are not prepared to go without food immediately; therefore the fasting

treatment is not satisfactory in such cases. The patient has probably become accustomed to eating enormous meals, and unless some sort of satisfaction is obtained, the patient loses heart, and is not so likely to follow the rules of right eating, and the treatment that will eventually disperse the fat.

So, contrary to the other cases, let the person with a tendency to fatness, start the other way round. Let him have all the food he wants, but on the condition that he eats the right sort. For the first several weeks, he can live on the following diet, and yet reduce.

Breakfast: Salad made of fresh vegetables, including lettuce, cauliflower, spring onions, celery, etc., made palatable with a little sweet fruit or good cream cheese. As much may be eaten as desired, so long as no other foods but those mentioned here are taken.

Midday meal: Fresh vegetable stew, made from all fresh vegetables to hand, onions, spinach, cauliflower, fresh garden cabbage, carrots, etc., but no pota-

toes. As much may be eaten as desired.

Evening meal: All fresh fruits obtainable, oranges, apples, grape fruits, lemons, peaches, pears, etc.

There need be no restriction in quantity, but if there is a longing for extra food, it should be satisfied with only those foods stipulated for that meal. The extra craving will exist only because of the poisons circulating through the alimentary canal, and being thrown off by the various emunctories of the body in the dissipation of the poisonous products.

The diet should be continued until a substantial reduction has been made, for at least eight weeks. There is no need to worry about the pockets of skin which will be left. They will tighten up, and disappear as time goes on.

It is exceedingly important to see that the alimentary canal is continually cleansed through, and a bowel action should be forthcoming three times a day. If it is not, an enema must be

resorted to, but the constipation must be kept at bay, as explained in the chapter of this book devoted to Constipation.

After eight weeks, the following diet may be resumed, until the body has assumed its normal weight, which may be in anything from two to three months, or more, if the person has been very obese.

Breakfast: A little starchy food, such as porridge, whole wheat bread, unpolished rice, rye crisps, etc., made palatable with sweet fruits, figs, dates, raisins, prunes, etc.

Midday meal: Any fresh fruits obtainable, raw or cooked, oranges, apples, pears, plums, raspberries, strawberries, etc.

Evening meal: Any one form of protein food, such as, any one kind of meat, or fish, together with any kind of cooked fresh vegetables, string beans, cauliflower, carrots, brussels sprouts, etc., but no potatoes. The latter may be taken at breakfast in place of the other starchy food, but the po-

tatoes must be cooked in accordance with the instructions given in "Healthier and Better Cookery"; that is, so that they contain the whole of their salts, the jackets being kept on in cooking, so that nothing valuable is lost. This is important to remember, because even fat people are suffering under nourishment sometimes, and, although the food they eat goes to pile on fatty tissue which degenerates their bodies, and makes them liable to sickness, many valuable elements may be lacking, or being passed through the body without being assimilated, because of poor digestion due to the demands made by the fatty tissue. Thus, the fat person is an admirable subject if any epidemic comes along.

Many people think that it is healthy to be fat. It isn't. Not only does it look ungainly to be fat, but it is really unhealthy, and the fat person harbors within himself all the necessary conditions for the culture of disease, and is never sure at any time whether he is going to be ill or not.

The same thing applies to fat children. Baby Contests have done a lot of harm by awarding prizes to fat, toxic babies; babies who are liable to be sick at any moment, and who are not really healthy at all. A baby free from excess fatty tissue is the baby who is more likely to be well, and grow up into a fit, healthy adult than the one which has a layer of fat all over its body, preventing the efficient working of its vital organs.

In order to keep fatness at bay once it has been reduced it is necessary to live strictly in accordance with the principles of scientific dieting, and the sufferer would be wise to get a copy of "Correct and Corrective Eating", and follow the diet there outlined for the normal, healthy, person. He can still indulge his appetite in full, without fear of putting on excess weight, so long as he combines his foods as they should be combined, and so prevents any chance of retardation in the alimentary canal in the process of digestion, and overeating of the fat producing foods.

It is also essential to remember that exercise is necessary, and ten minutes morning and evening will ensure, not only freedom from fat, but a good, shapely body, which is well worth having.

CHAPTER X.

THINNESS—AND HOW TO PUT ON FLESH.

There are some people, who, no matter what they do, or how much they eat, seem to remain in a thin, scraggy condition. In fact, thinness is often associated with a ravenous appetite. For this reason, it is very difficult for the sufferer from thinness to understand his complaint. It is useless to tell him that he does not eat enough, that he doesn't get good food. He very often gets all the food that is looked upon as most nutritious and especially good for building up; yet, in spite of all his feeding, he gets nowhere, and remains in a thin, emaciated condition, a pitiful, almost a hideous spectacle for his more robust fellows.

It is obvious, then, that there is something more than the quantity, yea, and even the quality, of food eaten that matters in the putting on of flesh, and

it is to discover this that we must set our energies.

As explained in the opening chapters, there are some people with hereditary predispositions to certain conditions of ill health, and if the habits of the individual are favorable to the contracting of a condition of ill health, then there is not the slightest doubt that it will be contracted. On the other hand, if the body is kept in good order, if the eating habits are scientific, and the scientific combination of food is observed, if exercise and fresh air are obtained, then there is not the least reason why the predisposition should result in the development of the complaint. With this, I have frequently dealt in other of my books. There is no such thing as hereditary disease. It does not matter what your father or mother died from. If you keep your body healthy, fit, and strong, by right eating and right living, there is not the slightest reason why you should get the complaint. All that exists is a predisposition, so get the idea right out of

your head that because your father died from thinness, or because he went through life thin and meager, that you have to do the same. You can put on flesh and muscle, and really be good to look at if you eat rightly and live rightly generally.

The reason for thinness lies in the fact that the food eaten is not assimilated. After food is digested, it is taken round to the various tissues by the blood, and there is built up into those tissues. That process is known as assimilation, but, unless the food is properly digested, and is conveyed by a blood stream that is clean and wholesome, the body tissue refuses to assimilate it properly. That is just what happens in thinness.

The food usually passes right through the body without being taken up by the blood, because in sufferers from thinness the blood is already saturated with food products which cannot be assimilated by the tissues. There is no balanced metabolism; while the catabolism, that is the breaking down,

goes on, the anabolism, the building up, does not take place efficiently, and the consequence is that there is no balance in metabolism and so no chance of the muscles being built up into the healthy firmness and bulk which is their normal state. It may seem extraordinary, but really the best plan is to knock down the food to a minimum for a time, because the body has certainly got to clean up before it can possibly establish its balance in metabolism once more.

For the first week, the following diet should be taken:

Breakfast: Vegetable soup, chewed very thoroughly and carefully, and not simply drunk. The soup is made from any fresh garden vegetables to hand, and should include both onions and spinach.

Midday meal: Composed of any fresh fruits in season, apples, pears, grapes, etc.

Evening meal: Fresh vegetable stew, made from onions, spinach, celery, carrots, turnips, etc. The whole of

the liquid in which the vegetables have been boiled, and the tissue of the vegetables themselves should be eaten.

The quantity eaten of the above does not very much matter, so long as nothing in addition to what is stated is taken.

In addition to the morning bath, the hot evening bath should be taken, preceded by an enema. Plenty of fresh air should be obtained; deep breathing exercises, as explained in "Health and Fitness", should be undergone, and other exercises therein explained also can be performed with a great deal of benefit. In fact, it is absolutely essential for some form of exercise to be done both morning and evening in a case of thinness, because it is so necessary to get the muscles contracted and relaxed in order to stimulate balanced metabolism to activity.

The second week's diet should be as follows:

Breakfast: Fresh vegetable stew, made as above.

Midday meal: Raw fresh vegetables,

such as celery, lettuce, tomatoes, etc., made palatable with sweet fruits, such as dates, figs, prunes, raisins, etc., or some cream cheese. The cream cheese should be taken at least every alternate day for this week in any case.

Evening meal: Any fresh fruits in season, oranges, apples, pears, plums, strawberries, raspberries, etc.

During the second week the hot bath and enema should also be kept up. During the third week and onward, however, the enema should be resorted to only if an action is not forthcoming in any other way. However, there ought to be no difficulty in such action, if the principles of eating as here outlined, are followed conscientiously. If there is any difficulty, a further cleaning up process will have to be gone through, and the sufferer should take the course of eating given for sufferers from constipation in another part of this book.

The third week's diet should be as follows:

Breakfast: Any one form of starchy food, such as whole wheat bread, un-

polished rice, oatmeal, rye crisps, rye crackers, shredded wheat, etc., made palatable with sweet fruits only, such as figs, dates, prunes, raisins, etc.

Midday meal: Any fresh fruit in season, as described above. With this should be *eaten* as much fresh milk as can be consumed comfortably, but not exceeding one quart, in any case. Each sip of milk must be thoroughly masticated, and mixed with the saliva, for it must be remembered that milk is a very highly concentrated food, and unless it is eaten absolutely properly it may do more harm than good.

Evening meal: Any one form of protein; eggs, cheese, nuts, fish, lamb chops, beef, in fact, any form of meat if desired; not unless, as it is not necessary to eat meat to put on flesh. Eggs and nuts are even better for this purpose; nuts because they contain so much oil. These proteins may be eaten in the ordinary way, and any cooked fresh vegetables may be taken with them, such as string beans, cauliflower, fresh garden cabbage, brussels sprouts,

etc., but no potatoes. Potatoes may be taken as the chosen form of starchy food for breakfast, but never mix them with meat, or any other protein. Otherwise you will never get fat, and will only succeed in making your system ready for the development of ill health.

In addition to eating according to the above plan the most important factor is to exercise. Exercise is absolutely essential. A course which will contract and relax all the muscles of the body is better than one that will just use the arms and legs alone. While walking is good, it is not sufficient exercise for the person with a tendency to thinness. He absolutely must do exercises which involve the trunk and vital muscles:—bending and stretching and all movements of like character that tend to use the abdominal and trunk muscles. Those given in “Health and Fitness” would be excellent for the sufferer from thinness.

The above diet may be varied in accordance with the scheme given in “Correct and Corrective Eating” for

the diet for the normal, healthy person; but it is essential always to remember that the starches and proteins must never be mixed, nor must any acid fruits be taken at the same meal as the starches, because if they are, fermentation will be set up, and auto-intoxication will result, and the building up process be hindered.

As much food as desired may be eaten. There is no question of over-eating, provided only one form of protein is taken at the protein meal, and only one form of starch at the starch meal. As many fresh vegetables as desired may be eaten at any meal.

In place of the milk at the midday meal, may be substituted some orange juice in which has been beaten up the yolks of two or three eggs. Also, as time goes on, soup may precede the protein of the evening meal.

But the main thing to remember is, that if the right principles of eating are observed, and the exercises are done conscientiously morning and evening, not only will flesh be put on, but abun-

dant health and strength will be obtained. Although the proportions of a Jack Dempsey may not be the result, at any rate, the muscles will assume that healthy bulk which is so pleasant to look at. However, I have seen weak and scraggy boys, emaciated, and almost ghastly, live according to these plans and by persistent exercise, build for themselves magnificent muscles. It is not a speculative treatment, but a positive method of putting on healthy body tissue.

CHAPTER XI.

ECZEMA.

Eczema is obviously a deficiency disease, and there is not the slightest doubt that it is caused by wrong eating, and the auto-intoxication set up which prevents the assimilation of the necessary elements that go to make up the constitution of the skin.

However, eczema is also associated with a faulty nervous condition. Shocks and fright may cause eczema, because the skin is an end organ, practically, of the nervous system. Situated in the Dermis, or true skin, a layer beneath the outer skin, are the delicate end organs of the nervous system. Nervous derangement may result in throwing the skin out of order. This is especially the case when eating is not correct, for a nervous system in a low condition of vitality is liable to the shocks which bring on eczema.

But standing eczema, which attacks

the skin and keeps it in a bad condition years on end, as is often the case, is plainly due to deficiencies of mineral elements. To endeavor to get these mineral elements into the body by swallowing patent medicines is sheer folly. They must be obtained from food, eaten correctly.

Devitalized and demineralized foods are the cause of a great deal of eczema. These foods are: white flour products, polished rice, pearl barley, peeled potatoes, white sugar and so on, foods which do not contain the natural constituents, but are robbed of them in order that they may remain in the store for a considerable time.

The skin is composed of two layers, the outer, or Epidermis, and the inner, or true Dermis. The inner skin is of an entirely different constitution from the outer skin, and is formed right early in the life of the embryo from a different kind of cell. It contains organs of the body, whereas the outer skin contains no organs. The outer skin is just a cuticle which serves to

tone down sensations, and to act as a protection to the inner skin.

The Epidermis keeps fresh by multiplication of its cells, just the same as any other tissue of the body, but the new cells are formed from the inner side, and, as they are formed, they push the old ones upwards, and these older ones die and fall off. If you rub your skin with a piece of black cloth, you will see on the cloth several of these dead cells. Dandruff and scurvy result from the skin cells being pushed off in this way, abnormally.

Again a radical elimination of waste poisons in the body must take place before the best results can be obtained from a reform in the eating habits. For a week or so all the eliminating organs must be put into a state of maximum action. Hot baths should be given every evening, preceded by an enema, and the bowels should move at least twice a day. After the bath a little olive oil or Nujol may be applied gently to the skin. This is especially the case if there are any sores. The

only application that need be made to any particularly sore spots is vaseline or Nujol, and if possible have the place exposed, thus obviating the danger of the skin adhering to any bandages applied. It is well to remember that the skin absorbs oxygen from the air, and it needs this oxygen in order to reproduce and be healthy. If you bind a sore, and exclude the fresh air, you are hindering the healing of that sore. The vaseline will serve to keep the parts soft, and prevent direct contact with the air, which is also necessary.

However, the diet is most important, and the thing to do is to eradicate all old poisons which are preventing proper nourishment, and then to start in with a diet that will restore the normal alkalinity of the blood, and supply all the nourishment which the skin needs. It is a foolish thing to think that you can cure eczema by rubbing something on the outside. The skin is fed from the inside by the blood, and if the blood is poisoned it can only poison the skin, no matter what you rub on the outside.

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It is just like trying to clean out a filthy sewer by putting paint on the outside of the pipes.

This point applies also the complexion of the face. A little Nujol, vaseline or olive oil applied to the face before retiring will help to keep the skin smooth and pliable, especially if a little massage is given at the time of application; the massage will do, in fact, more than the oil, to give a good complexion, but the skin of the face must be fed by a pure, soothing, healthy, alkaline blood if the complexion is to be really good.

In a severe case of eczema the following diet should be taken for the first two weeks:

Breakfast: Some orange juice, 50% water, 50% orange juice.

Midday meal: Fresh vegetable stew, made from all fresh garden vegetables, including onions, spinach, turnips, celery, tomatoes, etc. The water in which the vegetables have been boiled should be taken as well as the vegetable tissue

itself. No condiments at all must be added.

Evening meal: Raw fresh vegetable salad, made up of celery, lettuce spring onions, and any other salad vegetables to hand, made palatable with sweet fruit.

For the third and fourth weeks the diet should be as follows:

Breakfast: Fresh vegetable salad, as above, made palatable with a little cheese of a good brand, such as Kraft's or Maclaren's.

Midday meal: Any fresh fruit in season, oranges, apples, pears, grape fruit, grapes, etc., and some fresh milk, any amount up to one quart, sipped very slowly and carefully.

Evening meal: Fresh vegetable stew, made from any fresh garden vegetables, as above.

These meals may be changed around, according to tastes, but it must be remembered that the plan must be essentially the same, although a variation in the fruit and the fresh vegeta-

bles used to make up the stews and salads is quite in order.

This diet should be continued until the eczema disappears, which ought to be within four or five weeks. It is then still necessary to be very careful regarding starches and proteins, and never to mix them at the same meal. A plan such as the following would be good.

Breakfast: Salad, made up of any fresh vegetables as above. May be made palatable with sweet fruits such as figs, dates, prunes, etc., or a little cheese.

Midday meal: One form of starchy food with butter, made palatable with sweet fruit.

Evening meal: One form of protein food: eggs, cheese, nuts, milk, lean meat, and two fresh vegetables such as spinach, cauliflower, string beans, brussels sprouts, etc., but no potatoes. Potatoes may be taken as the form of starchy food for breakfast, or if the starch meal is taken at night, they may be taken then. It is essential to re-

member that only one starch meal and one protein meal may be taken each day.

It is also very important that, until all traces of the eczema have gone, the starches and proteins should be cut down to a minimum. The filling up, if filling up there need be, can be done with the fresh vegetables, and fresh fruits when taken.

Remember to get out into the fresh air as much as possible, and never forget the bath or complete sponge down every morning. No hot baths need be taken after the first week if the eczema has disappeared.

Everything depends, of course, upon how long it has taken to develop the eczema, but in most cases, it will be entirely gone in from four to six weeks, and to prevent its return the sufferer should learn how to eat correctly. Get a copy of "Correct and Corrective Eating", and learn the principles of the scientific combination of foods so as to avoid auto-intoxication, and so to keep the skin and complexion soft and beautiful.

CHAPTER XII.

PILES.

Piles are abominable things, yet they are most prevalent. Probably ninety-nine people out of every hundred suffer from piles. Piles are classed as Hæmorrhoids, and are supposed to represent a varicose condition. For that reason they have been looked upon as incurable, the only remedy being operation.

I was unfortunate enough to suffer severely from piles when I was a boy, and I was told by my doctors that I should never be free from piles, because once they are developed, they remain all through life. However, I did not believe my doctors, and as soon as they gave me up I learned how to keep them at bay myself, and I have never had any operation for piles, in spite of their prediction.

There is not the slightest doubt that constipation causes piles, because I

found that if I allowed myself to become constipated the piles developed, and became exceedingly painful, whereas, as soon as my bowels became loose and regular, that is properly regular, moving not once a day, but two or three times a day, then the piles went away, no pain was suffered, and going to stool was a relief instead of the agony the piles made it.

My experience has been that piles are directly forced out by the compression of feces in the rectum. I have heard of absolutely no case of piles that has not been started by violent constipation. That is the reason for keeping constipation at bay at all costs, and if no action is forthcoming in the natural way, it is much wiser to have resort to the enema.

Sufferers from piles, then, will do well to study very carefully the part of this book devoted to constipation, and if that is the chief difficulty, they should follow the instructions given in that part.

Most people think that regularity of

bowel action means once a day at stool. This is incorrect. You may go to stool, and yet expel insufficient to lower rectal pressure enough to prevent the expulsion of the piles. The consequence is that there is a danger at each going to stool of a strain being put on the rectum and the piles being forced through the sphincter.

In addition to the reform of the eating habits it is necessary for the sufferer from piles to get a control of the sphincter muscle of the rectum. Thus, when at stool, he should learn to hold back the haemorrhoid while allowing the feces to be expelled.

This may appear a little difficult at first, but practice will give the control, and its mastery will mean the saving of much pain and discomfort.

However, it is essential to remember that haemorrhoids are directly due to auto-intoxication through wrong methods of eating, and especially through the eating of demineralized and devitalized starchy foods.

The sufferer from piles will not have

to give up his favorite foods, except that he will certainly have to go without poisonous foods, such as white bread, polished rice, pearl barley, etc., for I haven't the slightest doubt that these are the direct cause of the piles. White bread forms a thick, stodgy mass which absolutely prevents easy progress along the alimentary canal. When it, or what remains of it, gets to the rectum it becomes congested there into a filthy mass, and by the force of its congestion alone it causes much pain.

The presence of piles is not only a great danger to health, but at any moment the piles may burst, and the sufferer may lose much blood, and become weak in consequence. Again, septicaemia may be set up, through direct contact of the filthy putrid mass with the blood stream. Ulcers and fistulas may be developed in this manner also.

The following is the diet which should be taken for the first week. It should be accompanied by a hot bath morning and evening, to be preceded

by an enema in any case, whether there is any action at any other times or not, because it is absolutely essential to relieve pressure in the rectum, and to get the lower bowel as free and clear as possible:

Breakfast: Orange juice 50% orange juice, 50% water, and no sweetening.

Midday meal: Fresh vegetable stew, made from any fresh vegetables to hand, such as onions, spinach, carrots, turnips, etc.

Evening meal: Fresh fruit, such as apples, pears, oranges, raspberries, strawberries.

After the first week, and for the next three or four weeks the diet may be as follows:

Breakfast: Orange juice, in which have been beaten up the yokes of two or three eggs.

Midday meal: Fresh vegetable salad, made from celery, spring onions, lettuce, cauliflower, etc., made palatable with sweet fruits, dates, figs, prunes, etc.

Evening meal: Fresh vegetable stew,

made from all fresh garden vegetables, as above.

There need be no limit to the quantities eaten, provided that this plan is adhered to. It is, however, very important to see that the bowels move, and every endeavor should be made on the part of the patient to secure a movement of the bowels whenever the sign is given. To inhibit a motion is most detrimental to the sufferer from piles, and may even bring on an attack.

It is taken for granted that such practices as sitting on cold stone, cold iron, hot pipes, etc., shall be refrained from, that the clothing worn shall be well aired and well dried, and that general hygienic habits shall be followed.

It is also essential to do regularly a system of exercises. Those involving the use of the abdominal muscles in particular should be done. The Physical Culture Course given in "Health and Fitness" was the one I used to combat my very serious tendency to piles, and I know that what it did for

me, it has already done for others, and it can do the same for you if you suffer as I suffered.

Faithful adherence to the principles of right eating expounded in "Correct and Corrective Eating" will ensure freedom from piles in the future.

CHAPTER XIII.

HIGH TEMPERATURE.

A high temperature is a reliable indication that disease is present, a sign that the body has rebelled against some poisonous elements contained in it, that the balance has been overthrown, and that the defensive forces have met with defeat at the hands of the disease forces.

During high temperature, if you searched the throat thoroughly, you might find the diphtheria bacillus, the germ associated with diphtheria. If your physician discovered this, you would be classified as a diphtheria patient. If, on the other hand, he examined your feces, and found the typhoid bacillus, you would be classified as a typhoid patient. If you come out in red spots on your skin, you may be classified as having scarlet fever. If you are coughing up mucus, you may be classified as a bronchial case, or as

suffering from an attack of influenza. If the temperature goes up very high, your case will be one of pneumonia. If you are classified as having influenza, and you die, you will then be classified as dying from pneumonia.

And so I might go on, explaining how fortuitous circumstances will lead to your being classified as a sufferer from a certain disease. But because there is a temperature in the first place there is no reason why that temperature should increase, and that the disease forces should get the better of you. If everything is done to assist Nature in what is really a process of elimination, of extra burning up of poisons, in the body, whether assisted by germs or not, the temperature can sometimes be brought down very quickly.

The most important thing to do in the case of high temperature is to stop all food. In no circumstances should any food be taken. In times gone by, people have thought that if they refrained from eating for a few hours they would die. The absurd

stories in fiction of people who were starving to death in doing without food for a day or two show how every little the body has been understood. It is possible to go without food for six to eight weeks, without actual starvation taking place. Always bear that in mind. To feed a patient with high temperature with eggs, milk, beef stew, and other so-called nourishing dishes is sheer folly, and is against all physiological principles.

As a matter of fact, it is absolutely impossible for the body to digest food if the temperature is above normal. If that one point is borne in mind, then it is obvious that no food whatsoever must be taken while the temperature is high.

It used to be thought that while the patient was ill, he required extra nourishment to keep up his strength. What folly! Such food is absolutely incapable of being digested or assimilated; and to take milk and eggs during a high temperature is worse still, for they simply go hard in the stomach, and

not only set up further complications, but prevent elimination from going on.

If you want to cultivate germs, you prepare a medium from milk, eggs, or beef stew, and the germs will thrive and flourish in that medium, so that you will be able to obtain pretty well any specimen you want. If germs are found in the alimentary canal, as would be the case in any form of alimentary poisoning, to feed them on their nourishing beef stew, eggs, and milk, is "the limit".

After all, what is the use of trying to combat germs with anti-toxins and serums, if you go and feed them through the alimentary canal. The way to get rid of the germs and the poison on which they thrive, and without which they cannot live is to clean through the alimentary canal, and then assist the organs of elimination, and we must remember that the eliminating organs demand the cessation of taking heavy proteins, especially into the alimentary canal or into the body at all.

The body contains within itself all

the forces for its own recuperation, and it is to the stimulation of these forces that we must look for the correction of ill health. Of course it is taken for granted that those not versed in the science of healing should have the attention of a skilled physician. But if the physician wants to feed you, you have a right to your own life, and you can demand that in addition to his treatment, you be allowed to permit your organs to eliminate to get rid of the disease which is attacking you.

Immediately on noticing high temperature, take a good, complete enema; follow this with a hot bath, about 110°F., for twenty to thirty minutes. Then get right into bed beneath warm coverings until a good perspiration is set up. Drink plenty of water; a little orange juice or lemon juice in this water will not hurt. As a matter of fact, it has been proved that lemon juice taken this way is antiseptic, and tends to break down germs along the alimentary canal.

The enema and hot bath should be repeated twice daily if the high tem-

perature should continue, but there is no reason why it should if the proper rest and elimination are secured. Even the worst threats of diseases may be kept at bay if taken in time in this manner. Be careful to take the temperature before taking the hot bath, not afterwards, because the hot bath will put up the temperature, whatever it is.

When the temperature has abated, the following diet should be taken for the following week:

Breakfast: Glass of orange juice, 50% orange juice, 50% water, no sweetening of any description.

Midday meal: Tumblerful of fresh vegetable soup, made from onions, spinach, fresh garden cabbage, carrots. Only the water in which these have been boiled should be taken, but not even this if there is any temperature.

Evening meal: Another tumbler of fresh vegetable soup, as above.

Of course, the hot bath and enema must be continued morning and evening, and all the rest possible secured.

At the second week following the

temperature, the diet may be increased as follows:

Breakfast: Fresh vegetable salad, made from lettuce, spring onions, celery, etc., made palatable with cream cheese, a good variety, Kraft's or Mac-laren's.

Midday meal: Fresh vegetable stew, made from all fresh garden vegetables to hand, onions, spinach, tomatoes, cabbage, etc. Both the water in which the vegetables have been boiled, and the tissue should be eaten, and thoroughly well masticated.

Evening meal: Any fresh fruit obtainable, oranges, lemons, grape fruits, apples, pears, peaches, raspberries, strawberries, etc.

The third week after the temperature, the diet may be increased to the following:

Breakfast: Any one form of starch food; whole wheat bread, rye crisps, buckwheat cakes, porridge, etc., made palatable with sweet fruits, such as figs, dates, prunes, raisins, etc., only.

Midday meal: Fresh vegetable stew, made as above; both water and tissue to be eaten.

Evening meal: One form of protein food: eggs, milk, cheese, lamb chops, lean meat, if desired, together with any fresh vegetables, such as cauliflower, string beans, spinach, sprouts, etc. No potatoes; this is very important.

The following week the diet may be made the normal one, as explained in "Correct and Corrective Eating." The patient may eat pretty well what he likes, provided he observes the principles of scientific combination, so that the chances of a return to ill health are reduced to a minimum.

The best chances of overcoming any disease accompanied by high temperature is to refrain from eating altogether, and to take just pure, clean water, and to keep the eliminating organs in condition. Whatever other treatment be given this is very important, and it is the only way to reduce the temperature and to assist the body in finally overcoming the disease. Persistence is necessary. So long as the temperature lasts so long must the patient fast.

CHAPTER XIV.

CANCER.

Many people are astonished at the marvels of Dr. Abrams' Electronic machine reputed to diagnose incipient cancer. There is nothing extraordinary about it at all. As a matter of fact, any person who is suffering from auto-intoxication, with a blood stream that is not pure and healthy, is an incipient cancer case. After all, cancer is only part of all disease, and caused in the same way as any other disease. It may be quite true that the cells in a certain region of the body cease to function properly, and reproduce beyond the normal. But after all, what is all disease but disorder of function and lack of balance?

The best time to stop cancer is in its incipient condition, and if your blood is not healthily pure, then you are an incipient cancer case, and the

sooner you clean up, the safer you are from cancer.

All the medical authorities are now shouting with the news that they have discovered that the heavy protein eaters are the sufferers from cancer. They will soon find, however, that it is not only the heavy protein eaters, but also the heavy starch eaters, especially if they are eating starches and proteins together, and more especially if the starches they are eating are the demineralized and devitalized commercial products.

There is no medical cure for cancer. All medical authorities are agreed on that. All they can do is to wait for the cancer to be large enough to attempt an operation, or to burn it away with radium or X-Ray. If you will follow up the history of these cases after the operations have been performed, or after attempts have been made to burn away the cancer, you will just see how successful these treatments are. All the cases I have been in touch with have exhibited a definite breakdown in

vitality from the first treatment until death ensued.

Any incipient case of cancer is easily put right by a course in eliminative eating. Where the cancer is actually developed, radical elimination and careful eating immediately stops the progress of the cancerous growth, and in time it disappears.

If your medical man diagnoses your case as that of actual cancer, and you learn how to eat properly, and eliminate it, your medical man will then tell you that after all he made a mistake, and that you did not suffer from cancer, because cancer is incurable. That is the proof that you did not suffer from cancer, because it is incurable. It is just the same with asthma. If you have asthma (and asthma is one of the simplest things in the world to cure by careful eating), your doctor will tell you that after all you could not have had asthma, because asthma is incurable. That is the way they will put it over you. However, they will learn more about health and disease as time

goes on, if they do not confine themselves too much to orthodoxy and medical convention, and then there will be true hope for humanity.

There is no doubt that there are times, if cancer is absolutely left without correcting the eating habits, when an operation is necessary, especially if medical treatment has been given and the cancer thereby allowed to develop and injure serious tissues. But there is not the slightest doubt that one day medical men generally will take their heads out of the ground of medical orthodoxy, and look around and see what Nature, in the form of scientific eating, can do to restore healthy tissue.

As in asthma the mucus membrane gives off mucus in superabundance and becomes irritated, so in cancer the cells in a certain part of the body begin to multiply and become abnormal. If you were to examine the cancer cells under the high power of a microscope you would find an essential part of the cells missing. This part is known as the centrosome, and up to the present no

function has been ascribed to it by physiologists or biologists. It is, however, safe to say that it has a lot to do with the co-ordination of the cells, for, you see, when in cancer the centrosomes are not present, the cells simply go on dividing and a tumor may result.

As the cells increase by reproduction in the simple process of cleavage, a tumor may more or less rapidly be formed; the part becomes inflamed, sometimes suppurating, throwing further poisons into the system; or, if not this, the tumor interferes with the functions of the body, and the patient, suffering from excruciating pain, mercifully expires.

The best plan would be for every doctor to bear in mind that every case of auto-intoxication is an incipient cancer case, and seek to restore the healthy alkalinity of the blood. Then there would be no chance of the cancer developing. People who are fat and heavy are more likely to be cancer cases than thin or scraggy individuals, although that is by no means a hard and

fast rule, because many cancer cases are thin and meager people.

The proteins and starches should be cut down absolutely to a minimum, and all fresh fruits and fresh vegetables should be made use of in the diet, because they will not only give the body very valuable mineral salts, useful in restoring the normal condition of the blood, so that it can attack the cancer and re-establish the normal condition of the tissue, but these very vegetable foods in themselves stimulate elimination if eaten correctly.

In beginning eating, however, to counteract cancer, it is necessary to undergo a very radical period of elimination. Hot baths, at a temperature of 108-110° F., should be taken morning and evening, for twenty to thirty minutes at a time. These should be preceded by full enemas, so as to get the alimentary canal cleaned out preparatory to its irrigation by the vegetable diet.

Plenty of fresh air should be ob-

tained if possible, and deep breathing exercises should also be performed.

The following is the diet that should be taken for the first three weeks:

Breakfast:—Glass of orange juice, 50% water, 50% orange juice, no sweetening of any kind.

Midday Meal:—Tumbler of vegetable soup, made from fresh garden vegetables, including onions, spinach, carrots, turnips, celery, etc.

Evening Meal:—Any fresh fruit if desired.

At the fourth week the regular fruit and fresh vegetable diet should be started, and should last for another three weeks. It should be on the following plan:

Breakfast:—Fresh vegetable salad, made from lettuce, celery, spring onions, cauliflower, and any other garden vegetables to hand. It may be made palatable with a little cream cheese.

Midday Meal:—Any fresh fruit in season, oranges, apples, pears, raspberries, strawberries, gooseberries, etc.

Evening Meal:—Fresh vegetable stew, made from all fresh garden vegetables obtainable, onions, spinach, cauliflower, fresh cabbage, etc. Both the soup and tissue should be eaten, and chewed thoroughly.

There is no need to restrict the quantity of food eaten here; in fact, the more the better, because it will assist alimentary irrigation. Of course, during this period it is very important to maintain activity of the eliminating organs. A hot bath every evening, preceded by an enema, is essential.

The seventh week should begin a more or less stable diet which should last until all traces of the cancer have disappeared, and the blood stream is normal.

Breakfast:—Glass of orange juice, in which have been beaten up the yolks of one or two eggs.

Midday Meal:—Fresh vegetable stew, made as above, and in accordance with the recipe in “Healthier and Better Cookery”. It may be followed by any fresh fruit, if desired.

Evening Meal:—May consist of one form of a little starchy food, whole wheat bread, rye crisps, oatmeal, or unpolished rice, etc., made palatable with sweet fruits, such as figs, dates, prunes, raisins, etc.

The breakfast and evening meals are interchangeable; the starch meal can be taken in the morning, and the protein—egg—meal may be taken in the evening. The egg may be taken without the orange juice, or the orange juice may be taken without the eggs, so as to vary the diet to suit the palate. If orange juice is omitted, and the eggs only taken, they may be eaten on spinach, or with fresh garden cabbage.

It is absolutely important that the starches and proteins be kept down to a minimum, and never be mixed. The ordinary meal, such as you see people eating in all the cafeterias today, is poison to the cancer patient, not doubtfully, but positively, because it makes for that condition of the blood which is responsible for the cancer. After all, the best way to do away with the

disease is to attack its cause, and there is not the slightest doubt that the cause of all diseases is auto-intoxication set up through faulty eating, and lack of efficient elimination.

Persistent effort will bring results; at least, it will do all that is possible. The success depends upon the vitality the patient has left, and also upon how far the disease has been allowed to run. If the cancer is detected early, then there is every hope that it will disappear, and your doctor will tell you that he made a mistake, and that you never had a cancer, because he cannot trace it any more. Never mind what he thinks or says. Be glad that you are rid of it.

CHAPTER XV.

DIABETES.

In diabetes the function of the liver has become disordered, so that the manufacture and release of sugars is disorganized. Any attempt to counteract the effect of the sugars is only playing about with the symptoms of the complaint instead of attacking its cause.

The cause of diabetes is auto-intoxication, just as much as it is the cause of any other disease. The effect in the case of diabetes has been to throw the liver out of balance.

There is no definite medical cure for diabetes. The much heralded insulin, which has been used at the Toronto General Hospital, is valuable only in the last stages of diabetes, in order to burn up the sugars, and so prevent early death of the patient. Even in most of the cases of diabetes at the Toronto General Hospital, the home of

Insulin, Insulin is not used at all. The doctors who use it are aware that diet is the most important factor, but they are not yet convinced that it is wrong eating that is the cause of diabetes; for the diet they are placing the diabetes patient on is the diet that would even bring on diabetes in one with a tendency to it. So their work and their energy are wasted because, instead of eliminating the diabetes, they are feeding the conditions which promote it. The diet they are giving to diabetes patients consists of proteins and starches mixed, and, although they are measuring calories very carefully, there is no scientific combination or constitution considered.

Of course it takes time to get the liver back to its normal function, but, even if there were a medical cure for diabetes, the ordinary diet that the same medical people would prescribe most likely, would be the very one to set up again the condition of diabetes, once the patient became well. Therefore, it is essential, not only for eating

for elimination to take place, but, even when all symptoms have disappeared, for the diet then taken to be absolutely correctly planned, so as to keep at bay auto-intoxication, the cause of all disease.

The patient should begin with a radical course of elimination. No starches or protein should be taken at all, and exercise and fresh air should be obtained in order to restore the vitality.

When the patient is well, both starches and proteins may be taken, but they should never be taken at the same meal. The starches taken should be the whole meal starches, and they should be eaten only by themselves, or with a little sweet fruit to make them palatable.

For the first week, the diet should be as follows:

Breakfast:—Tumbler of fresh vegetable soup, made from fresh garden vegetables, including onions, spinach, celery, carrots, turnips, cabbage, etc.

Midday Meal:—Fresh vegetable stew,

made as for the breakfast meal, but both tissue and soup may be eaten.

Evening Meal:—Any fresh fruit available, including apples, pears, plums, oranges, raspberries, etc., those which are desired by the patient.

The above diet should be taken for three weeks, and during this time, an enema should be taken morning and evening, followed by a hot bath, if possible. At any rate, the hot bath should be taken each evening.

The fourth week, the diet may be increased to the following:

Breakfast:—Glass of orange juice, into which have been beaten the yolks of two eggs.

Midday Meal:—Fresh vegetable stew, as above.

Evening Meal:—A small portion of one kind of starchy food, which may be either of the following: Whole wheat bread, oatmeal, rye crisps, rye crackers, made palatable by a little sweet fruit, such as figs, dates, prunes raisins, etc.

The above plan should be kept to fairly rigidly, although it may be

varied to suit the patient. Instead of the orange juice and eggs may be substituted occasionally some fresh vegetable salad, made from any fresh vegetables, including celery, lettuce, spring onions, cauliflower, etc., with a little cream cheese to make palatable, and give nourishment. The starchy meal may also sometimes be taken in the morning, and the protein meal in the evening, but, under no circumstances should the starch be taken with the protein, or else only trouble can result. Again, under no circumstances, must orange juice be included at the same meal, or else there will assuredly be trouble almost immediately.

This diet should be adhered to as long as any symptoms of the diabetes remain. The form of protein may be varied, also the form of starchy food may be varied; so long as the plan is observed all will be well. So long as the starch and proteins are not made the dominant part of the diet, and so long as it is remembered that the fresh vegetables and fresh fruit are going

to assist Nature in re-establishing the normal, healthy, alkaline blood, essential to good health, and necessary if the blood stream and the natural recuperative forces of the body are to attack the poisons, and to restore the normal functioning of the liver once more, then there will be no difficulty with the diet.

Deep breathing exercises should be done both morning and evening, if possible in the fresh air. The physical exercises given in "Health and Fitness" would be particularly valuable to the diabetes patient, because they are designed to have a particular effect upon the vital muscles, and assist in the promotion of normal visceral functioning; because of the auto-massage of the viscera obtained in the various movements.

A hot bath, preceded by an enema, should be taken at least once a week, or even twice a week, and if the bowels do not move of their own accord, both morning and evening, an enema should be resorted to, in order to keep the

lower alimentary tract good and clean.

In spite of the fact that diabetes has beaten medical science, it is not such a serious thing, if taken in hand early, and the eating habits which brought it on reformed, and the sufferer practice right eating. Of course, in addition to the hot baths, lasting from twenty to thirty minutes at a high temperature, the morning sponge down is essential, so as to give the skin a good chance. The excretions from the skin must be washed away every morning. A good brisk toweling will keep the skin in that order so as to maintain its eliminative function in the highest state of activity so essential for the throwing off of the complaint.

When all signs and symptoms of diabetes have disappeared, it is more than foolish to go back to the old methods of eating. The diet given for the normal healthy man in "Correct and Corrective Eating" is quite all right for the person who has suffered from diabetes. He will be glad to know that he can eat pretty well just what he

wants, so long as he does not take the devitalized and demineralized commercial starches. But he can eat lamb chops and steaks, if they are properly cooked, without condiments, and eaten only with fresh vegetables, such as cabbage, spinach, onions, tomatoes, string beans, etc., but no potatoes. He can also enjoy a good baked potato, so long as he takes only butter with it, or fresh vegetables; but he must never mix potatoes and meat, or bread and meat, or any starches and proteins at the same meal.

He must also keep his vitality at the highest pitch by regular exercise, and by getting a sufficiency of fresh air. No man can keep healthy, truly healthy, that is, without exercise and fresh air.

CHAPTER XVI.

ANAEMIA.

Anaemia is bloodlessness, and causes paleness and general weakness. It is due to insufficiency of red corpuscles in the blood.

The redness of the blood is determined by the red blood corpuscles, which in turn depend for their redness upon a substance called Haemoglobin. Haemoglobin is the substance which absorbs the oxygen from the air breathed in the lungs. It is easily oxydised, so that it becomes Oxy-Haemoglobin, and when it reaches the tissues, it is de-oxydised, and becomes Haemoglobin once more, until it reaches the lungs, and is oxydised into Oxy-Haemoglobin again.

One of the chief constituents of Haemoglobin is iron. That is why people not yet familiar with biological laws, endeavor to give you iron compounds for your anaemia. Quinine and iron,

and iron in all sorts of forms, are given in the endeavor to build up the red corpuscles of the blood. However, they fail miserably, because it is the first law of biology that only in living vital food is it possible for the body to assimilate minerals. No matter how long you eat iron, if it is in a crude state, in a not living state, that is, it is impossible for it to assist in the building up of Haemoglobin.

But what it is important to remember is that the anaemia is caused chiefly through the wrong eating methods, both in a diet that does not supply the iron elements and other elements necessary to the construction of the Haemoglobin, and also foods eaten in such a way as to prevent the assimilation of the food that is eaten.

The commercial demineralized and devitalized products are greatly to blame in many cases, while of course, the lack of vegetable foods of the fresh variety; lack of fresh air is also to blame in many cases, while of course, if exercise is not indulged in, this will

assist the other factors to set up the anaemia, in spite of all the concoctions of iron that may be swallowed.

The body will usually be found to be in an auto-intoxicated condition. The patient is weak anyway, nervous, and unable to build up food into good tissues. What is necessary is radical elimination of the poisons now preventing nourishment, and the substitution of eating habits that will supply the necessary elements for the restoration of the normal healthy alkaline blood, and the building up of the red blood corpuscles.

For the first three weeks the following diet should be taken. At the same time, a hot bath should be given every evening before retiring, at a temperature between 108° and 110° F., for from twenty to thirty minutes. This is in addition to the morning sponge down of the body, followed by brisk toweling.

Breakfast:—Glass of lemon juice, 20% lemon juice, 80% of water. No sugar or sweetening of any kind to be

added. To be sipped very slowly and carefully.

Midday Meal:—Fresh vegetable stew, made from onions, spinach, celery, turnips, carrots, etc. Both liquid and tissue should be eaten carefully.

Evening Meal: — Fresh vegetable salad, composed of lettuce, spring onions, celery, cauliflower, etc., and made palatable with cream cheese of a good variety, such as Kraft's or Mac-laren's.

After three weeks the hot bath may be discontinued, but the enema should be taken if no action of the bowels is forthcoming without. However, there ought not to be any difficulty, if the chapter of this book relating to constipation is read and observed in addition to this part.

After the third week, the diet may be changed to the following:

Breakfast:—One form of starchy food, such as bread, oatmeal, unpolished rice, rye, crisps, etc., made palatable with sweet fruit, such as figs, dates, prunes, raisins, etc.

Midday Meal: — Fresh vegetable salad, as above, and any fresh fruit, such as oranges, apples, pears, plums, etc., desirable.

Evening Meal:—One form of protein food, such as eggs, nuts, milk, cheese, lamb chops, lean meat, if desired, together with fresh vegetables, such as fresh garden cabbage, cauliflower, brussels sprouts, onions, spinach, etc. Every portion of the food must be chewed very thoroughly. Mastication is all important to the sufferer from anaemia.

The diet may be varied a little, but the plan above must be observed throughout. There is plenty of latitude in it. The vegetables may be varied, the form of starchy food, and also the form of protein food may be varied, but it must be observed as a general plan. It is also important to remember that only one form of protein food, and only one form of starchy food must be taken at a time. Never must the starches and proteins be mixed; if this is done, the digestion will

be retarded, and consequently the old condition will be set up. What is necessary is to build up in the blood stream the element in which it is lacking, and the only way to do this is to keep the alimentary canal cleaned through and through, and to keep the body tissue clean by supplying it with healthy, clean, alkaline blood.

Deep breathing exercises should be done morning and evening, and also a good set of exercises which will draw the blood to the limbs and to the superficial muscles of the body. If none are being done as a habit, those given in "Health and Fitness" should be practiced to get the best results.

CHAPTER XVII.

ACIDITY.

By acidity I mean that condition in which the sufferer belches up acid gas or wind, or even some of the acid mass in the stomach. Acidity is the outcome of poor digestion after the organs have been abused by faulty food combination and wrong methods of living generally. Contrary to what people expect, acidity is not set up so much by acid fruits as by the fermentation of starches if these starches are taken with the acid fruits, or even if they are taken with proteins. Of course, when the stomach is in an acid condition, it hardly matters whatever is put into it, because the food merely stirs up the acid poisons remaining in the stomach, and they are belched up, to the discomfort of the sufferer. So, whatever he takes into his system, he says, or at least he thinks, that is the cause of his acidity. What really is the cause, is the mixing

up of all sorts of foods without concern for their effect on the stomach.

In some cases of acidity it is even useless to take acid fruits, although, be it remembered, acid fruits are potentially alkaline. They supply, that is, those salts which help to render the blood alkaline, and so to counteract the acidity. However, there is no need to give acid fruits if these cause inconvenience. It is important, however, to clean through the alimentary canal in order to get out the putrid mass causing the acidity, and then to allow some time for the poisons to be thrown off by the various emunctories of the body until the whole body is in a good, clean, healthy, alkaline condition, and ready to take food properly.

For two weeks the diet should be as follows:

Breakfast:—A tumblerful of fresh vegetable soup, made from onions, spinach, fresh garden cabbage, celery, etc.

Midday Meal:—Fresh vegetable stew, this may include the vegetables left over from the morning soup, and eaten

together with more water added. This should be chewed very slowly and carefully.

Evening Meal: — Fresh vegetable salad, which may include lettuce, celery, spring onions, cauliflower, etc. Most people don't know how tasty raw cauliflower is; so long as it is chewed thoroughly, it will assist very considerably the sufferer from acidity.

In conjunction with the above diet, there should be a hot bath every evening, in addition to the ordinary sponge down every morning, as advised in my other books, "Health and Fitness", etc. If there is any difficulty with the bowels, an enema should be resorted to. They must move twice each day at the very least. If you get somebody to use the stomach pump for the first three days, you will feel fine after it.

Three weeks of the above diet ought to be sufficient to clear out all the old putrid rubbish from the alimentary canal, and to establish a fair condition. However, even then the diet must be very carefully planned, so as to exclude

too many starches and proteins. The following is a good diet that may be maintained for another three weeks, before the normal one, as outlined in "Correct and Corrective Eating", is resumed:

Breakfast: — Raw fresh vegetable salad, as above, made palatable with any sweet fruit, such as dates, figs, prunes, etc.

Midday Meal:—Fresh vegetable stew, made as above of all fresh vegetables to hand.

Evening Meal:—A tumbler of milk, or some cheese, with any fresh fruit available, such as apples, pears, plums, raspberries, etc.

The above plan should be followed fairly strictly, although variations in the vegetables, or the changing around of the meals is quite permissible, in fact, valuable.

During this diet and after it, a hot bath need only be taken once a week, although it is important to see that the bowels act. If there should be any difficulty, which there ought not to be,

then an enema must be used to keep the lower bowel clean.

Fresh air and exercise are also essential. Without these, you cannot expect the best results.

After six weeks, the diet may be planned somewhat as follows, and on a line with the correct principles of food combination as expounded in "Correct and Corrective Eating", should be intermingled.

Breakfast:—Some starchy food, such as whole wheat bread, rye crisps, rye crackers, shredded wheat, oatmeal porridge, etc., made palatable with sweet fruits, as above.

Midday Meal:—Tumbler of milk, with any fresh fruits available or some raw vegetable salad, as above.

Evening Meal:—Any form of protein food, eggs, cheese, nuts, or lean meat, with fresh vegetables, not potatoes, but may include onions, spinach, string beans, fresh garden cabbage, brussels sprouts, cauliflower, etc.

As soon as acidity is present, it is a sign that the body needs cleaning up.

For some time, the tongue will be white, exhibiting the cleaning up process, but, after a time, if the above suggestions are carried out accurately and conscientiously, the result will be certain.

CHAPTER XVIII.

SEX WEAKNESSES.

Sex weaknesses and abnormalities are aggravated by wrong eating. If instead of an alkaline, soothing medium, the reproductive nerve apparatus is bathed in an acid irritating medium, then all kinds of tendencies of an abnormal character are likely to attack the individual.

One of the most common complaints set up in old age through this is prostatitis, a slight inflammation of the prostate gland, causing irritation of desire without ability for satisfaction.

Many young people are led into temptation because of a blood stream saturated with the products of auto-intoxication. If they learn to eat correctly they will have, not only a cleaner, healthier blood to supply the brain with cleaner and healthier thoughts, but will do away with irritations which

are likely to stimulate an unnatural desire.

On the other hand, the natural vigor may be impaired by the inability of the blood to nourish the glands, owing to its saturation with toxic products. Thus one of the most important functions making for happiness in marriage may be disordered.

The thing to remember is that in the normal person, that is, the person with the blood stream in a clean, healthy condition, where the preventive forces are sufficiently powerful to attack any disease forces with success, where the blood stream is nourishing the brain, and keeping it at the height of efficiency, and also nourishing the muscles, so that there is muscular health and energy, the reproductive functions will be normal, and there will be no abnormal irritation which will seek an unnatural satisfaction.

Often a radical eliminative diet will do more than anything to re-establish physical harmony.

People are only too ready to point

the hand of scorn at those who have fallen by the way. Later on, human society will recognize that these are pathological cases, and that they should have the attention of a good physician, and the physician will recognize that the chief cause of the pathological cases is wrong eating. If the food really nourishes, and maintains the body in continuous balance, then the temptations which lead so frequently to young people's destruction will lose their power, in fact, cease to exist altogether, if coupled with sensible sex education.

The following diet should be taken for the first three weeks.

Breakfast:—Fresh vegetable salad, made from lettuce, celery, spring onions, cauliflower, etc., made palatable with any sweet fruit, figs, dates, prunes, raisins, etc.

Midday Meal:—A tumbler of milk, and any fresh fruits available, oranges, apples, pears, peaches, plums, strawberries, raspberries, etc.

Evening Meal:—Fresh vegetable

stew, made from onions, carrots, spinach, celery, turnips, etc. Both the soup and the tissue to be eaten very slowly and carefully.

After three weeks, the diet may be increased to the following:

Breakfast:—A little starchy food; maybe one of the following:—whole-wheat bread, rye crisps, rye crackers, oatmeal, unpolished rice, or shredded wheat, etc., made palatable with figs, dates, prunes, etc.

Midday Meal:—Fresh vegetable stew, or fresh vegetable salad as above, and any fresh fruits in season, oranges, apples, plums, pears, grapes, strawberries, etc.

Evening Meal:—One form of protein food; such as eggs, cheese, milk, nuts, or lean meat, if desired, together with any form of fresh vegetable food, including onions, spinach, cauliflower, string beans, brussels sprouts, etc. The water in which the vegetables have been cooked should be taken as a soup, either with, preceding, or following, this meal.

The above plan should be kept to

more or less for a considerable time. It will supply all the nourishment necessary to the body, while at the same time tending to correct it. As soon as conditions are absolutely normal, the diet may be varied in accordance with the principles given in "Correct and Corrective Eating". The above diet will do all that is possible to re-establish harmony in the body, but it must be remembered that other factors, including exercise and fresh air, are very, very important. It is absolutely essential to get out for at least two hours every day into the fresh air. Some deep breathing exercises should also be performed.

A cool sponge down every morning, is very beneficial. It should be followed by brisk toweling. It must also not be forgotten that a great deal of sex weakness is caused by ignorance of vital matters. In fact, even those who are best informed on these matters are often entirely ignorant of many physiological conditions; and what is more important, of psychological conditions

which affect matters very seriously. The sex emotions are bound up with the most refined and intimate sentiments. Wrong thoughts and wrong views gained through faulty education in sex matters may cause a great deal of trouble. That is the reason for the necessity for sound sex education based on scientific facts.

CHAPTER XIX.

BAD BREATH.

When the breath is bad, it is a sign that the alimentary canal is in a putrefying condition, due to the retardation of food which should have passed through, but, which, owing to the wrong food combination, and faulty methods of living, has remained there to putrefy and to render the breath foul.

Bad breath is most objectionable to all with whom you come in contact, but it is one of the best signs that Nature can give to denote that the alimentary canal is in a bad condition, and that, unless matters are cleaned up, this badness will get into the blood stream, and an illness be the almost inevitable result.

The preliminary diet should be one that should allow of elimination. All the starches and proteins should be cut

out for at least two weeks, and fresh vegetables and fresh fruits substituted.

The following is a good diet:

Breakfast:—A glass of orange juice, 50% orange juice, 50% water.

Midday Meal:—Fresh vegetable salad, made from lettuce, celery, spring onions, cauliflower, etc., made palatable with sweet fruit, such as figs, prunes, raisins, etc., also any fresh fruits in season, oranges, apples, etc.

Evening Meal:—Fresh vegetable stew. Both the soup in which the vegetables have been cooked and the tissue should be eaten slowly and carefully. The vegetables used may include onions, spinach, celery, turnips, carrots, etc.

It is very important to see that the bowels move two to three times every day. If they don't, a little help should be given in the form of an enema. It is good, too, for the first two weeks, to take a hot bath every evening, at a temperature of from 108-110° F., for

twenty to thirty minutes, until a healthy perspiration is set up.

After two weeks, the diet may be increased to the following:

Breakfast:—Orange juice, in which have been beaten up the yolks of two eggs.

Midday Meal:—Fresh vegetable salad, made as above, with any fresh fruits in season.

Evening Meal:—Fresh vegetable stew, as above.

After four weeks, the diet may be as follows:

Breakfast:—A starchy food, such as wholewheat bread, rye crisps, rye crackers, shredded wheat, oatmeal, or unpolished rice, etc., made palatable with sweet fruits, such as figs, prunes, dates, etc.

Midday Meal:—Fresh vegetable stew, made with any fresh vegetables to hand as above, followed by fresh fruit as obtainable, oranges, apples, pears, plums, peaches, strawberries, raspberries, etc.

Evening Meal:—One form of protein

food; it could be any one of the following: eggs, nuts, milk, cheese, or chicken, if desired, with some fresh vegetables, spinach, onions, fresh cabbage, brussel sprouts, cauliflower, etc.

This diet should be more or less kept to with regard to plan, until all traces of bad breath have disappeared, and then the sufferer may resume the diet for the normal person, as given in "Correct and Corrective Eating". Any amount of food for which there is real appetite may be taken, and the quantities will be regulated normally if the plan as given above is adhered to, that is, one meal composed of protein and fresh vegetables, another meal of starch with sweet fruit, and the third meal composed of fresh vegetables and fresh fruits only.

It is important to remember that exercise and fresh air are absolutely essential, and especially fresh air. Deep breathing exercises should be taken two or three times a day. Throw open the windows, if it is not possible to get right out into the fresh air, in-

hale to the fullest extent, then exhale to the fullest extent.

The morning sponge down or bath is very important also. The hot bath need not be taken more than once a week from now on, but it is important to keep the skin active by the regular morning sponge down, followed by brisk toweling, after a good course of exercises has been performed.

CHAPTER XX.

HEADACHE.

Headaches are extremely annoying, yet they are a valuable sign that something is radically wrong with the body, and if you suffer from headaches the best thing you can do is to clean up so as to get rid of them. If you just take palliatives, that is, headache powders, without doing away with the cause of the headaches, the poison is going to come out in some other way, and result in much more inconvenience than a mere headache.

The reason for a headache is that the gases often rise from the stomach, or that the normal alkalinity of the blood stream has been lessened, so that, instead of the soothing medium, the nerves in the head are bathed in an irritating acid medium. This is the case most particularly when you get a "splitting" headache.

Another cause of headache is high

blood pressure, when the blood is saturated with the products of proteins and starches causing auto-intoxication.

The quickest way to relieve a headache is to get into a hot bath, and to stay there for from twenty to thirty minutes. This will take the blood away from the head, relieving the congestion there. There is not the slightest reason to take headache powders at all, because you can stop the pain of a headache at any moment by this means, and at the same time help to eliminate, because a perspiration ought to be forthcoming and other organs are set into activity.

Headaches usually accompany constipation. If the sufferer is constipated, he should read the chapter of this book relating to constipation, so as to get rid of it. In any case, he needs some elimination, and he should attempt to get the alimentary canal cleaned through, and then kept in a clean condition, so that the whole body, including the blood stream, can get cleaned up.

The best way is to learn how to eat, not only to get rid of the headaches,

but also to keep them away. There is not the slightest need for headaches, and if the rules of correct eating are adhered to, and a little fresh air and exercise are indulged in, there should not be headaches.

To start the cleaning up process, the following diet for the first two weeks, will be very beneficial:

Breakfast:—Glass of lemon juice, 20% lemon juice, 80% water.

Midday Meal:—Fresh vegetable salad, of lettuce, celery, spring onions, cauliflower, tomatoes; and fresh fruit, which may include apples, pears, oranges, raspberries, strawberries, plums, etc.

Evening Meal:—Fresh vegetable stew, made from any fresh garden vegetables to hand, and including fresh garden cabbage, onions, spinach, celery, turnips, etc.

After the first two weeks, the following diet may be taken, and it should keep away any future chances of headache, provided, of course, that other rules of hygiene are observed.

Breakfast:—Fresh vegetable salad, with a little cheese, or nuts.

Midday Meal:—Fresh vegetable stew, made as above, from any fresh vegetables to hand.

Evening Meal:—A tumbler of milk, and any fresh fruit in season, including apples, plums, pears, peaches, gooseberries, etc.

After four weeks, the diet may be increased pretty well to the diet for the normal person, although under no circumstances should the vegetables be minimized, or should the starches and proteins be mixed. Under no circumstances should starchy food be taken with acid fruit.

Breakfast:—A starchy food; such as oatmeal, porridge, wholewheat bread, unpolished rice, or rye crisps, etc., taken with sweet fruits, as above, to make palatable.

Midday Meal:—Fresh vegetable salad, and any fresh fruit obtainable.

Evening Meal:—One form of protein food; such as nuts, eggs, cheese, or milk, etc., with such fresh vegetables

as brussels sprouts, spinach, cauliflower, string beans, etc., as desired.

A hot bath should be taken about once a week, but the general sponge down of the whole body must be taken every morning regularly. The bowels should be kept open, and should act, (and will act, if this eating is taken conscientiously), two to three times a day. However, a day should never be missed without an evacuation, and if it should not be forthcoming, an enema should be taken to ensure it. If there is any constipation, it simply means that the body has not yet sufficiently cleaned up, and another process of eating for elimination, as explained in the chapter of this book devoted to constipation, should be undergone.

As much time as possible should be spent in the fresh air, and deep breathing exercises should be indulged in regularly, and some good physical exercises performed both morning and evening.

Thus it will be possible, not only to keep free from headaches, but to build

up health in every muscle and in every organ of the body. When you are free from headaches, that means to say that you are more immune from disease. After all, that's the sort of body to possess, one which will not take any disease which happens to be going, but, because of its healthy, clean condition, is able to resist all the forces of ill health and to maintain that efficiency of functioning which makes life enjoyable.

CHAPTER XXI.

KIDNEY AND BLADDER TROUBLE.

When too much strain is thrown on the kidneys, which are excretory organs, their function is sometimes deranged and the condition extends to the bladder. Too frequent urination, pain in the small of the back, and general inconvenience result.

The habit of too frequent micturition is one that is easily acquired if the eating habits are not scientific. The best plan is to form the habit of micturating prior to retiring, refraining from taking a drink then, and to wait till morning before emptying the bladder again.

This is the natural procedure, but people who have a tendency to weak kidneys, or to kidney or bladder trouble, find themselves getting up several times during the night; it starts once or twice, but if the call is answered every time, then the habit speeds up,

and the nuisance of too frequent micturition takes firm hold.

In spite of the many authorities who advise saturating the body with water, it is not a good plan. A tumblerful or half tumblerful of water when rising in the morning is good, but to take five or six glasses or five or six pints, as some people advise, is folly, because all that water has to go into the blood, and the blood has to get rid of it.

The best way to secure sufficient liquid is through vegetable soups and stews, and through the juices of the fresh fruits. Water often dilutes the digestive ferments, and renders them less powerful. Also, if iced, it lowers the temperature of the stomach, and makes digestion harder in consequence, because the stomach has to be at a certain temperature before digestion can take place.

The best plan is to live on an all fruit and vegetable diet for a month at least. The following diet is heartily recommended:

Breakfast:—Orange juice, in which

has been beaten up the yolks of two eggs.

Midday Meal:—Fresh vegetable salad, composed of lettuce, celery, spring onions, cauliflower, tomatoes, etc., made palatable with some fresh cream cheese.

Evening Meal:—Fresh vegetable stew, made from onions, spinach, carrots, turnips, etc.

After four weeks, the diet for a normal healthy person, on the scientific plan as explained in “Correct and Corrective Eating” will keep the functions of the kidneys normal. The matter of forming right habits is one for the moral and mental control of the individual, and if too much liquid food is not taken, no harm can result.

However, it is important to remember that abnormal sex indulgence and its result, prostatitis, have a tendency to cause the habit of too frequent micturition. The habit should be governed mentally; the function should not be thought about too frequently, and if it makes an appeal, it should be dismissed until the individual is conscious that

the bladder is really full. Expelling the contents of the bladder in small quantities is the way to develop the habit, and retention until the bladder is full is the best way to counteract it, in addition of course, to right habits.

CHAPTER XXII.

HIGH BLOOD PRESSURE.

High blood pressure is merely a sign that the blood stream has become saturated with food products in an abnormal condition, and that the eliminating organs are not functioning efficiently. It is a dangerous condition, and should be remedied as speedily as possible.

It is most usually those people who overeat who suffer from high blood pressure, but really more depends upon the care taken of the food combination than upon the actual food eaten. For instance, if you combine your food the right way, you can eat absolutely as much as you wish without endangering yourself with high blood pressure. On the other hand, you may eat less quantity of food, and mix the foods up unscientifically until digestion is retarded and the blood becomes saturated with the products of auto-intoxication.

Exercise is another very important factor, and unless exercises are performed both morning and evening, the ordinary diet is likely to bring on high blood pressure in those who have a predisposition to it.

Correcting the diet is not so much a matter of knocking out the proteins as restricting their use with starches at the same meal, also limiting the protein food to one form at only one meal a day. The following diet should be taken for two weeks, prior to resuming the diet which will keep the high blood pressure at bay.

Breakfast:—Glass of lemon juice, 20% lemon juice, 80% water, no sweetening.

Midday Meal:—Fresh vegetable stew, made from any fresh garden vegetables to hand, including onions, spinach, turnips, carrots, etc.

Evening Meal:— Fresh vegetable salad, made from tomatoes, celery, lettuce, raw cauliflower, etc., and any fresh fruit available, apples, pears,

oranges, plums, raspberries, strawberries, etc., in season.

A hot bath, at a temperature of from 108-110° F., for twenty to thirty minutes, every evening for the first week is very beneficial. Of course, this is in addition to the complete sponge down every morning.

After the first two weeks, the diet may be increased to the following plan, which should be maintained although varied according to taste.

Breakfast:—A starchy food, such as oatmeal, rye crisps, rye crackers, shredded wheat, wholewheat bread, etc., made palatable with sweet fruit, dates, figs, prunes, raisins, etc.

Midday Meal:—May be composed of one form of protein food; one of the following: fish, eggs, cheese, milk, lean meat if desired, with one or two fresh vegetables, such as string beans, onions, spinach, cauliflower, brussels sprouts, etc. The water in which these have been boiled should be taken as the soup at the same meal.

Evening Meal: — Fresh vegetable

salad, and any fresh fruits in season, as above.

Plenty of fresh air should be obtained, and some good exercises involving auto-massage of the viscera should be performed both morning and evening. Auto-intoxication frequently attacks those who do not get sufficient exercise, and the best way to counteract it, in addition to eating correctly, is to do a few movements which keep the visceral organs well worked, and also strengthen the vital muscles of the body. If you are not in the habit of doing such a course of exercises at present, your best plan is to get a copy of "Health and Fitness", and do regularly and conscientiously the course of physical culture given in that book. The exercises are easy to do, but ensure well toned vital muscles.

It is very essential to keep high blood pressure at bay. It is a sign that any other form of ill health may follow; cancer often attacks the person with high blood pressure; diabetes is another complaint which may follow it,

or Arterio-Sclerosis and other pathological conditions of the blood vessels, and last, but not least, heart disease.

Usually it is the naturally strong and robust person who suffers from high blood pressure. Nature has endowed him with a strong, big body, but she makes him suffer unless he gives it the attention necessary to keep it in condition.

CHAPTER XXIII.

CONCLUSION.

I have endeavored in these foregoing pages to outline in detail the methods of eating for the eradication of ill health and for the establishment of a condition of good health. It must be borne strictly in mind that what I have said relates to the cases referred to, but that the diet for healthy people should be reformed according to the principles of my book "Correct and Corrective Eating" for those who merely want to know how to eat correctly to keep in good health or to correct slight indispositions due to wrong eating.

A healthy person requires only one starch meal a day, and one protein meal a day. Only one form of protein should be taken at one meal a day, and only one form of starch at another meal, but only once a day. Two meals a day are enough for any

healthy person, but if another meal is made up of fresh fruit and fresh vegetables only, then no harm can come of it.

With regard to the proper method of preparing the dishes, it is best for the reader to get a copy of "Healthier and Better Cookery", in which the preparation of food is dealt with in detail, and the various dishes which will appeal to the palate while building up health, strength and fitness.

In every case of ill health it is necessary to undergo the preliminary cleaning up period. What is necessary is that the organs of elimination be set into the highest state of activity possible, because that is the only true way of throwing off disease. It is Nature's way of doing it, and by eating in the way I have suggested it is possible to assist Nature in this her great work.

In the preparation of vegetable stew, which figures largely in the menus given for the first few weeks of the cleaning up period, it is necessary to

remember that all the water used to cook the vegetables must be eaten. To throw away the water is to throw away the most valuable part, because in cooking, the valuable salts are boiled out into the water, and so it is necessary to drink the soup in order to take full advantage of the vegetables. It must not be thought that there is no taste in this stew or in the soup. If you can't taste the goodness in them, well, then there is something the matter with your taste. Wait until you have cleaned up, and then learn how delicious are the fresh vegetable juices and you will regret all the years you wasted spoiling your food with strong condiments.

There are many bad habits of eating that should be borne in mind, so that, after you have overcome your condition of ill health, you do not sink back into them.

For instance, the common way of taking peanut butter is with bread. This is a very bad way of taking it, the two together being indigestible, so set-

ting up constipation immediately; because both the bread and the peanut butter are heavy, nutritive foods, and the stomach cannot take them together. For instance, bread is digested by an alkaline ferment, and the peanut butter by an acid ferment, and both require such concentration that to mix the two almost certainly causes disaster.

Peanut butter is very good to eat, but the next time you take it put it on some fresh vegetable salad. Get some lettuce, celery, tomatoes, etc., chop them up, and then just smear with some peanut butter, and eat together. Gee! It tastes fine, and it will really nourish you instead of injuring you.

Many people are under the impression that acid fruits will cause acidity, and therefore, when they are suffering from a lessening of the normal alkalinity of the blood, they will often refrain from taking acid fruit. Now, there is not the slightest doubt that too much acid fruit will affect the body in this way, but it must be remembered

that if eaten carefully, that is, in not too great abundance, and not combined with anything but proteins or fresh vegetables, then they are alkali producing, because they contain in them the mineral elements which go towards making the blood alkaline. As a matter of fact, it has been proved that lemon juice is an antiseptic, and germs in the alimentary canal are broken down and swept through when lemon juice is taken. However, if you take a glass of lemon juice, and then eat a slice of white bread after it, you are storing up trouble for yourself, and you will probably get it soon afterwards, because you will surely suffer from acidity after that. No. Take your acid by itself, or with a protein food, and then, at another meal altogether take your starchy food, as explained in this book, and in "Correct and Corrective Eating".

Most people dealing with the diet question refer to one or two articles of diet as being injurious. For instance, often people will say they cannot eat

strawberries, or that they disagree with them, or they cannot eat oranges, or they cannot eat meat or nuts. Each item of food is picked out as injurious to the individual, but there is an error in this. Most foods are good to eat for everybody. It depends on the way you combine them. If you take lean meat, and put it between slices of bread, and eat it as a sandwich, either the meat or the bread will disagree with you sooner or later, and you will suffer ill health.

But if you take the meat at one meal, and the bread at another, then they will both nourish you, because they will both be digested and assimilated without difficulty. It is just the same with eggs. People "can't" eat eggs or cheese, because they think they can't digest them. But let them take eggs lightly boiled with celery, tomatoes, or even alone, and they will find that they can eat them without any indigestion, contrary to what they previously imagined.

When I was a boy, I once got a beat-

ing from my mother because I ate my egg without any bread. I would now feel more inclined to chastise my boy if I found him eating eggs *with* his bread. My mother told me that I must dilute the egg, which is a very concentrated form of food, with the bread; otherwise I would be bilious, and suffer from indigestion.

I never eat bread with my eggs now, yet I eat quite a few because eggs are very nourishing; I take a little baked tomato or spinach with them, and I enjoy this and get the maximum of nourishment from it.

My mother could never eat nuts, because they caused violent constipation. I could tell her now how to eat nuts without developing constipation. All you have to do is to eat them with some fresh fruit, or fresh vegetable salad; they taste better, are more palatable, more easily digested, and don't get a chance to linger in the alimentary canal to the detriment of the body.

It is the same with cheese. Cheese eaten with bread is indigestible and

constipating, but take it with fresh vegetable salad, made up of chopped up celery, lettuce, tomatoes, etc.! It tastes fine, and not only does it not cause constipation, but it deliberately assists in bringing about bowel movement.

Milk is a concentrated protein food, yet not so concentrated as nuts, or lean meat. In milk are contained all the elements necessary to the up-building of the body, and if it can be made the basis of a meal occasionally it is a splendid food.

Milk has, however, often been referred to as a neutral food; that is, it can hardly be classed with the proteins or starches. This would permit its inclusion at, say, a porridge meal. But everything depends upon the individual. If you are in robust health, eating perfectly in every other way, it will not hurt to take a little milk with your porridge; but if you are in a condition of ill health, the safest plan is to keep milk for a special meal, and take with it any fresh fruits and fresh

vegetables that you may desire. This is the ideal way of taking milk.

There is, however, a danger in taking milk when in a serious condition of ill health. Milk should not then be taken. The best time to take milk is when all the disease or condition of ill health has been eradicated. Milk, in addition to feeding the body, may also feed the germs, causing ill health. Milk goes bad very quickly, and when the stomach and alimentary canal are already in a putrid condition, the milk only aggravates it. That is the reason the milk diet is useless to start while one is in a poor condition of health. It is absolutely necessary to wait until a fast has cleaned up the body before the milk diet is taken. Simply to start in taking enormous quantities of milk every day is to invite trouble. That is why some people are up against the milk diet, because they do not precede it by a fast. Just remember that. Don't condemn the milk diet if you take it on a putrid stomach. Take a fast, lasting four or five weeks; then

take the milk diet, and you will be one of its advocates in future.

In eradicating ill health it is very essential to understand the correct way to take an enema. To get the best results, the water of the enema should be just below blood heat, the best temperature of all being about 80° to 85° F. This will assist in stimulating the bowel to action.

First of all, inject about a pint of water; then expel it immediately. This is just to clear away any obstruction about the rectum. Then fill up the container to about three pints to two quarts, and let it flow slowly into the colon. Expel immediately, and wait until all possible contents of the colon have been evacuated.

There is no need to put any soap or bicarbonate of soda or anything else in the water. It is better for it to be absolutely clean.

The position in which it should be taken is lying on the right side, with the knees drawn up to the chin, or on

the ground on all fours in a similar position.

It is important not to acquire the habit of taking an enema, although no harm can come from taking an enema once a week. However, when first eliminating, an enema may be important both morning and evening, if there is much poison to expel from the body, not only in the intestine itself, but that which will be thrown off by the various emunctories of the body as the cleaning up process is going on.

If you eat according to the schedules laid out in the foregoing pages, there will be no difficulty in the cleaning out of the intestine on its own. The constipation will go because the body is being treated properly. Therefore, there will be no need for an enema. If you find that you cannot evacuate the bowels at all in the day, it is much better to use the enema, and then set about getting rid of the cause of your constipation by conforming to the suggestions giving in the chapter of this book devoted to that subject. When

the motion takes place without assistance from an enema, then there is not the slightest use in taking the enema, that is, after, say, the first two weeks of cleaning up.

With regard to constipation, it is very important to remember that it is mostly due to bad habits. People get into the habit of inhibiting bowel action, instead of doing all they possibly can to relieve the bowel at the slightest sign. Much of this is due to our civilization, which does not provide sufficiently for these needs. However, if you are at home during the cleaning up period, you can establish a habit of a morning evacuation and an evening one, and when the call comes during the day, don't miss it while you have the convenience.

The hot baths and other helps in elimination should only be used frequently during the first few weeks of cleaning up, while real ill health is apparent. The temperature of the bath should be between 108 and 110°F., and you should lie in the water until a good,

healthy perspiration is forthcoming; then tuck away between good blankets after being thoroughly dried.

When health has been re-established, there is no necessity to take these hot baths. Once in a week or two weeks will not do any harm, however. When health is re-established it is important to take the morning sponge down, which should be in water of about 80°F., and should be followed by brisk toweling.

A hot bath is excellent for taking away pain in rheumatism, headaches, neuritis, etc. The pain may be relieved almost instantaneously by getting into a hot bath, as explained. However, one thing ought to be mentioned, that is that in taking a hot bath the blood is drawn away from the head, as it is also drawn away from the point of congestion causing the pain. But in the drawing of the blood away from the head, there is often a feeling of faintness experienced; in fact, some patients may even faint while in the bath. This must be carefully watched for by

another person present, but it is well to know that no harm can result from that fainting or from the faint feeling.

I have not dealt with social diseases, nor have I dealt with many of the common complaints. The latter are all eradicated on the same principles as given for the eradication of the complaints enumerated in this book. They are suffered only because of the condition of the body in a state of auto-intoxication. Eliminate the poisons, learn to eat correctly, live rightly, exercise, get fresh air, think healthily, and health will be established, and the common complaints will no longer annoy.

With regard to the social diseases, I have purposely refrained from dealing with them. They involve such poisons as to warrant the specific attention of a physician in their combat. However, unless at the same time eliminative treatment and right eating are adopted, then there is much less hope of success. The only way to get these terrible scourges eliminated from the

body is to learn to eat correctly after undergoing a very radical course of elimination.

It has often been said that it is doubtful if ever these diseases are cured. Sometimes, after many years, they break out again in a virulent form. The certain way to escape these attacks is to clean up the body by the principles of correct eating so as to maintain a clean, pure blood stream, and to keep the recuperative and defensive forces of the body at the highest point of vitality, so that they will resist the poisonous forces that may be lurking in the numerous pockets of the body.

When a condition of health has been restored, and you begin to eat correctly, then your own appetite will determine how much you should eat. Provided you eat correctly, there is no fear of overeating. You will, for the first time in your life, indulge a natural appetite, and this itself will be governed by the amount of nourishment necessary for you to take. You will

find that, of course, you will not be able to eat so much perhaps as before, but I can assure you that you will enjoy every particle of food you eat. You will learn what the fresh juices of fruits taste like; you will learn the deliciousness of fresh vegetable salads, of raw celery, and raw cauliflower, of lettuce, and of other luscious vegetables Nature has provided.

Eating correctly to avoid ill health does not mean going without. It does not mean rigid self-denial or hardship of any kind. It simply means that you learn how to eat so as to enjoy your food most and best, and at the same time build up a body which is disease proof.

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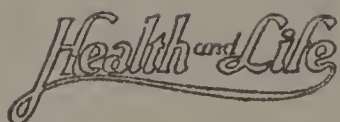
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